

The Breath

The image is a vertical poster with a dark, atmospheric background. At the top, the title "The Breath" is written in a large, white, serif font with a black outline. Below the title, a central figure of a pharaoh in a striped nemes and a red crown stands with arms outstretched. Two glowing purple DNA double helix structures emerge from the pharaoh's hands, extending towards the left and right edges of the frame. On the far left and right, the faces of two large, golden Egyptian statues are partially visible, looking towards the center. In the foreground, a glowing human silhouette stands with arms outstretched, mirroring the pharaoh's pose. The silhouette's torso is filled with a complex, swirling pattern of red and orange lines. The entire scene is set against a backdrop of a dark, cloudy sky with a bright, glowing orb in the center. The bottom of the image shows a desert landscape with pyramids and a glowing, circular, ripple-like pattern on the ground.

For
The Ancient Egyptian Order



THE SUPREME GRAND HIEROPHANT
AMUNNUBI RAAKHPTAH
NETER A'AFERTI ATUM-RE

The Breath

Por The Ancient Egyptian Order



Conferred By:
Supreme Grand Hierophant S.G.H.
720th Degree
Amunnubi Raakhptah (Atum-Re)
Mir "Pyramid" No.9

CHAPTER 1

PA NEF
"THE BREATH"



In Europe Today, The Middle East And The Western World There Are Many People Who Follow The Myth Of Seh (𓆎𓅓𓏏𓏏) "Religions" Such As Judaism, Christianity, And Islam Called Monotheism Which Is So Misinformed That Their Rabi's, Pastors, And Imaam's "Teachers" Are Apt To Be Somewhat Confused In His/Her Ideas Regarding The **Tama-reyeaat** "Egiptians" And Their Way Of Life, Which Is Nuwaupu (𓆎𓅓𓏏𓏏) And Mis-Guide

Pa Waab "The High Priest" Others For Travelers To **Tama-Re "Egipt"** Have Written Great Fabricated Tales About The Waab (𓆎𓅓𓏏𓏏) Which Is The Tama-reye "Egiptian" Word For "High Priests" Or "Mystics", In Egipt Of Old And The Present Mystical Orders That Still Exist Today As The Ancient Egiptian Order. The Torah Of The Jews And The Bible Of The Christians Calls It **Nefakh** (נפח) Which They Say Is The Hebrew Word For "Breath". The Quran Of The Muslims Call It Nafakha (نفخ) Which They Say Is The Arabic Word For Breath. As You Can See They Got The Very Word From The Tama-reyeaat "Egiptians" Word **Nef** (𓆎𓅓𓏏𓏏) Or **Nafukh** (𓆎𓅓𓏏𓏏).

The Deceivers Do This To Further Their Own Purposes Of Establishing An Existence For Their Unverified Cultures And Religions, The Mystics, Sciences And Miracles Of Ancient And Modern Smai (𓆎𓅓𓏏𓏏) An Ancient Tama-reye Word

Meaning "Union". The Deceivers, That Is The Luciferians, Tried To Convince You By Telling You That The Ancient **Tama-reyeaat "Egyptians"** Used Trickery As Their Great Seers And Prophets Did In Their Own Religions. However, Great Knowledge Of Alchemy Infested The Great Nile Of Egypt And The Streets Of It's Cities, Memphis (**Tattu**), Thebes, (**Waset**) Hermopolis (**Khemenu**) And Heliopolis, (**Annu**) Yet, The Deceivers Boldly Claim And Use The Title "Egyptians Or **Kemet** As If It Was Them".

Even In The Torah Of The Jews They Use The Word **Mitsryim** (מצרים), Also The New Testament (Bible) Of The Romans And Greek Christians Use The Word **Egyptos** (Ειγυπτος) And The Quran Of The Muslims Use The Word Misr (مصر). They Even Try To Hide It In Sacred Societies To Deceive Many Into Thinking That They Have Some Ties To The Original Egyptian Mysteries Such As The Rosicrucian (Which Is A Branch Of The Freemasons) Freemasons, Eastern Stars, Shriners, The Daughters Of Isis And Many Others. When In Fact They Have No Link To Ancient Egypt; They Just Borrowed Information.



George Washington In A Full
Freemason Attire

The Students Of These People Are Not At All To Be Blamed For Thinking Of The Typical Egiptian Mystic "**Smai**" As An Anorexic, Fanatical, Dirty, Ignorant Mystic, Who Either Sits In A Fixed Posture Until His Body Becomes Rigid And Frozen, Or Else Holds His Arm Up In The Air Until It Becomes Stiff And Withered And Forever After Remains In That Position, Or Perhaps Mixing Magic Potions Or Turning Staffs Into Snakes As It States In The Bible (*Exodus 7:10*), Which Falsely Accused The Egiptians, In Order To Make The Moses Whose Original **Tama-reye** Ren "Name" Was Thutmose Or Thoth Story Seem Real.



Figure
Aaron Turning The Staff Into A Snake

According To **Exodus** 7:10 And I Quote: "**AND MOSES AND AARON WENT IN UNTO PHARAOH, AND THEY DID SO AS THE LORD (YAHWEH) HAD COMMANDED: AND AARON CAST DOWN HIS ROD BEFORE PHARAOH, AND BEFORE HIS SERVANTS, AND IT BECAME A SERPENT (TAN-NEEN).**"

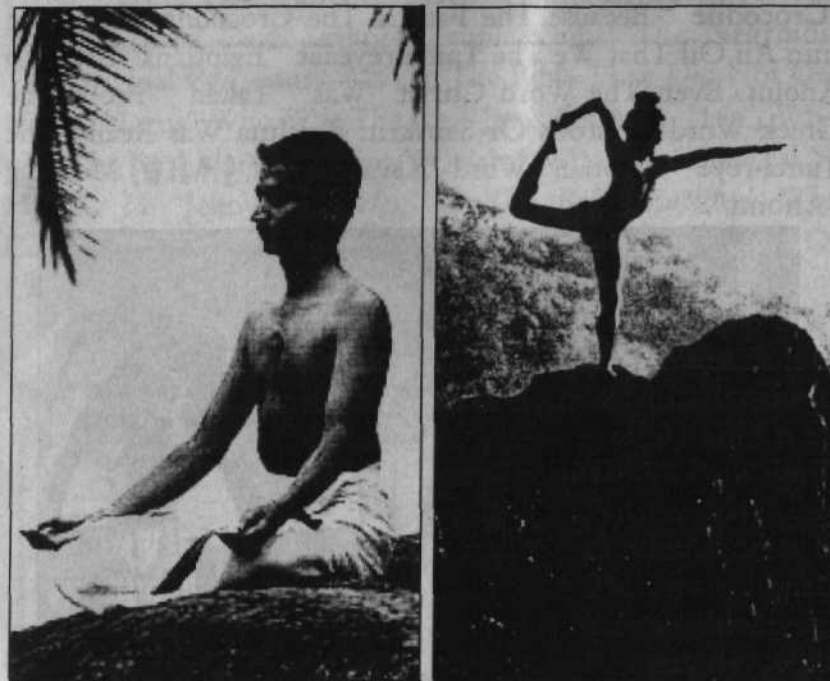


**Figure
Moses Character Of The
Bible**

**Figure
Pa Tama-Reye Deity
Thutmose Aiso Known As
Tehuti Or Hermise**

There Is No Proof That A Hebrew Or Israel Named Moses Who They Call Mosheh Ever Existed. They Never Use **Tama-Re** The Real Name Of Egypt Or Even Kemet, The New Name. Yet, This Is Not The True. Way Of An Egyptian Mystic. The Original Word For Mystic In The Egyptian Language Is Smai Meaning, "*Union*" And The Following Determinative Terms Gives It A Spiritual Significance, At

Once Equating It With The Term "Yogi " As It Is Used In Sanskrit Among The Indians As Yoga Or Yogi From Yug To "*Join Or Union*". The Hindus Took The Word Smai And Called It Yoga As It Is Known To You Today.



A Yogist Meditating

However, Others Just Use The **Tama-reye** "Egyptian" Word Seh Meaning "*Religion*" Which Has The Same Meaning As **Re** =To Do Again And Ligion =Meaning Union Which Comes Out To Be **Re-Ligion** Meaning **Re-Union**. The Scientific Meaning Of The Word Smai Is The Science Of Proper Breathing. Smai Did Exist And Is True, But Hindus Claim To The Title Yogi, Which Was Taken From The Tama-reye "Egyptian".

That Seems As Absurd To The True Tama-reye **"Egipitian"** As Does The Claim To The Title "Messiah" On The Part Of The Bible According To (*Daniel* 9:25) When In Fact It Was Taken From The Egipitian Language Messeh Which Means "Crocodile " Because The Fat Of The Crocodile Was Made Into An Oil That We The **Tama-reyeaat** "Egipitians" Used To Anoint. Even The Word Christ Was Taken From The Greek Word **Cristous** Or Sanskrit. Krishna Was Really The Tama-reye "Egipitian" Word "**Karast** " (𓆎𓅓𓏏𓏂) Meaning "Anoint".



An Egipitian Being Anointed

Even The Ren "Name" Mary Is From Pa Tama-reye "The

Egipitian" Ren "Name" Ma-Re As In Tama-Re. Ta Meaning "Earth", Ma Meaning "**Water**", And Re Or Ra Meaning "Sun". All Existing Religions And Cultures Of Today Were Stolen From Us, Pa Tama-reyeaat "The Egipitians", The Woolly-Haired Dark Skinned People Called The Negroids, The Original Egipitians. Also In The Bible They Did Not Use Haru "**Horus**" Who Was The Real Jesus Or Aset "**Isis**", Who Was The Real Mary Or Asaru "**Osiris** " Who Was The Real Y. H. W. H "Jehovah" (Refer To *The Book Entitled "The Conflicts Between The Gods" Scroll #130, "The Degree Of Christ-Isim" Scroll #195*).



Pa Neter Asaru
"Osiris"



Pa Netert Aset
"Isis"



Pa Neter Haru "**Horus**"

There Have Been For Ages In Egypt And Sumer, Men Who Devoted Their Time And Attention To The Development Of Homo Sapiens, Etherically, Mentally And Spiritually. The Experience Of Generations Of Earnest Seekers Has Been Handed Down For Centuries From Hery-Heb (𓆎𓅓𓏏𓏏 - 𓆎𓅓𓏏𓏏) "Triad Of Teachers" (The Name Hery-Heb Is Haru And Tehuti The Student And Teacher) To The Pupil Gradually A Definite Egyptian Science Was Built Up As The Ancient Egyptian Order. These Investigations And Teachings Were Finally Applied To The Term "Egyptian," Or Tama-reye Which Comes From The Egyptian Words "**Ta-Ma-Re**", That Which- All Humans And Their Earth Born Gods Need To Exist, 1.**Earth**, 2.**Water**, And 3.**Sun**. The Egyptian Smai Taught The Egyptian Students A Science Symbolized As A Working Method Of Controlling The Body And Mind, By The Will. What Is Will? The Word For Will In Egyptian Is

Uaab (𓆎𓅓𓏏𓏏) And Means By Which One Deliberately Chooses Or Decides Upon A Course Of Action, An Instant Of The Exercising Of This Faculty: A Deliberate Decision Or Conclusion; Choice. In Other Words Will Is To Do What One Chooses To Have **One's Way**, To See Fit To Ones Own Thinking.

Smai Which Is The Science Of Breathing Is Divided Into Several Branches, Ranging From That Which Teaches The Control Of The **Body**, To That Which Teaches The Attainment Of The Highest Spiritual Development. In This Work I Will Not Go Into The Higher Phases Of The Subject, Except When The "Science Of Breath" Touches Upon The Same. The "Science Of Breath" Touches Smai (Science Of Breath) At Many Points, And Although Chiefly Concerned With The Development And Control Of The Physical, Has Also Its Etheric Side, And Even Enters The Field Of Spiritual Development.

In Ancient Egypt There Were Great Schools Of Smai, (Science Of Breathing) Comprising Thousands Of The Leading Minds Of That Great Country. The Smai Doctrine Was The Rule Of Life For Many People. The Pure Smai (Science Of Breathing) Teachings However, Were Given Only To A Few, The Masses Being Satisfied With The Crumbs Which Fall From The Tables Of The Secret Orders, The Egyptian Custom In This Respect Being Opposed To That Of The Western World. But Western Ideas Are Beginning To Have Their Effect Even In The East, Because The True Egyptian Is Now In The West. Pa Tuta "The Evil One" Can Have Old Egypt, For We Have A New Egypt In The West.



The Golden City Of Tama-Re
Egipt Of The West

The Sun Re Is Raising In The. West As Atum-Re At Tama-Re "Egipt Of The West" And The Teachings Which Were Once Given Only To The Few Are Now Freely Offered To Anyone Who Is Ready To Receive Them. The East And The West Are Being Exchanged, And Both Profiting By This, At First It Needed A Face Lift Influencing The Other, The West For The Better.

We Tama-reyeeat "Egiptians" Have Always Paid Great Attention To Smai "Science Of Breath", For Reasons Which Will Be Apparent To The Student Who Reads This Scroll. Many Western Writers Have Touched Upon This Phase Of The Smai (Science Of Breathing) Teachings, But I Know That

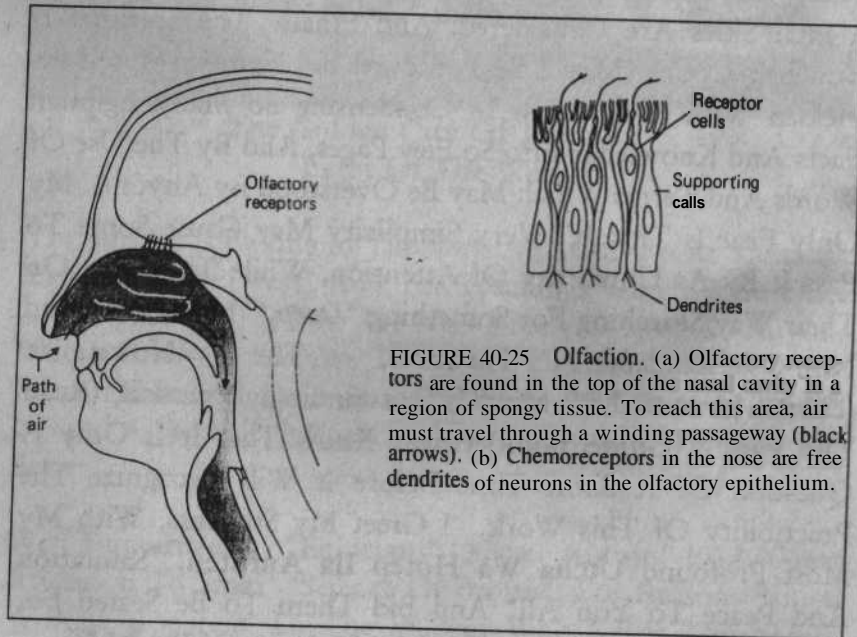
It Has Been Reserved For The Writer Of This Work, Amunnubi Raakhptah (𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛 𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛) The Re-Incarnation Of Atum-Re (𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛) To Give The Western Student, In Concise Form And Simple Language, The Overlying Principles Of Smai (Science Of Breath), As Nuwaupu Together With Many Of The Favorite Smai Breathing Exercises And Methods. I Have Given The Western Idea As Well As The Eastern, Showing How One Works Into The Other. I Have Used The Ordinary English Terms, Almost Entirely, Avoiding The Egiptian Terms, So Confusing To The Average Western Reader, Until They Again Make Nuwaupic Their Language, And That, I Will Also Teach You.

The First Part Of This Scroll Is Devoted To The Physical Phase Of The Science Of Breath; Then The Etheric And Mental Skies Are Considered, And Finally The Spiritual Is Touched Upon. May I Be Pardoned If I Express Myself As Pleased With My Success In Condensing So Many Egiptian Facts And Knowledge Into So Few Pages, And By The Use Of Words And Terms Which May Be Overstood By Anyone. My Only Fear Is That It's Very Simplicity May Cause Some To Pass It By As Unworthy Of Attention, While They Pass On Their Way Searching For Something "Deep," Mysterious And Non-Overstandable. However, The Nuwaupian (𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛𓂏𓂛) Mind Is Outstandingly Practical, (Read The Family Guide Book) And I Know That It Is Only A Question Of A Short Time Before It Will Recognize The Practibility Of This Work. I Greet My Students, With My Most Profound Utcha Wa Hotep Ila Antuten, "Salutation And Peace To You All" And Bid Them To Be Seated For Their First Revelations In The Smai "Science Of Breath".

CHAPTER 2

"Breath Is Life "

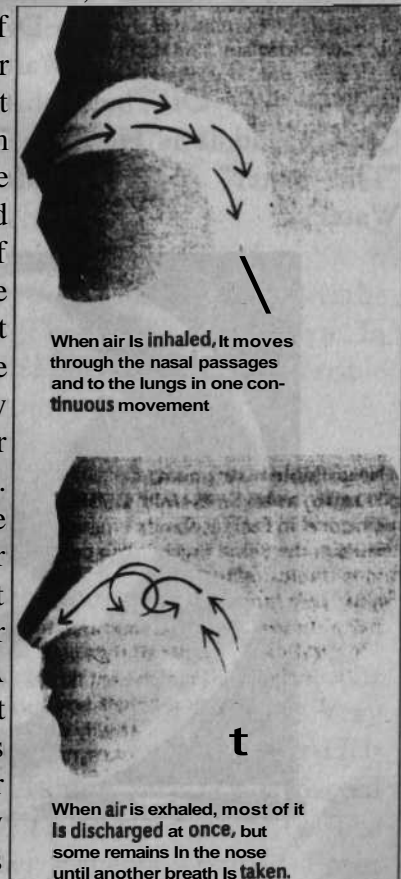
Life Is Absolutely Dependent Upon The Act Of Breathing **"Breath Is Life"**. As They May Differ Upon Details Of Fact And Terminology, The East And The West Agree Upon These Fundamental Principles. To Breathe Is To Live, And Without Breath There Is No Life. Not Only Are The Higher Animals Dependent Upon Breath For Life And Health, But Even The Lower Form Of Animal Life Must Breathe To Live, And Plant Life Is Likewise Dependent Upon The Air For Continued Existence. All Is In **Pa Kuluwm** "The All", But In Breathing There Is A Dual Principle: In And Out. Breath Is For Life, And Your Breath Is Out At Death.



The Passageway Air Travels Into Your Nostrils

So Breathing Is In **Pa Kuluwm** (པ་ཀུལུམ་) "The All" Not The All For It To Exist By The Dual Principle Only. And All Can't Be Two Or Depend On Any Principle. The Infant Draws In A Long, Deep Breath, Retains It For A Moment To Extract From It Its Life-Giving Properties, And Then Exhales It In A Long Wail. Life Upon This Planet Called Ta/Tah (ཐ་ཏ་) "Earth" Has Begun. The Old Man Gives A Faint Gasp, Ceases To Breathe, And Life Is Over.

From The First Faint Breath Of The Infant Out Of The Water Sack And To Air, To The Last Gasp Of The Dying Man, From Air Back To Earth. It Is One Long Story Of Continued Breathing. Life Is But A Series Of Breathing. Breathing May Be Considered The Most Important Of All Of The Functions Of The Human Body And Animal Body For Indeed, All The Other Functions Depend Upon It. Homo Sapiens May Exist Some Time Without Eating; A Shorter Time Without Drinking; But Without Breathing, His Or Her Existence May Be Measured By A 9 To 18 To 27 Minutes. And Not Only Are Homo Sapiens Dependent Upon Breath For Life, But Are Also Largely Dependent Upon Correct Habits Of Breathing For Continued Vitality And Freedom From Disease.



The Process Of Breathing

An Intelligent Control Of Our Breathing Power Will Lengthen Our Days Upon This Planet Called Earth By Giving Us Increased Vitality And Powers Of Resistance, And On The Other Hand, Unintelligent And Careless Breathing Will Tend To Shorten Our Days, By Decreasing Our Vitality And Laying Us Open To Disease. Homo Sapiens In His Normal State Had No Need Of Instruction In Breathing Like The Lower Animal And The Child. He Breathed Naturally And Properly, As Nature Intended Him To Do, But Remember You Had Gills First And Breathed In Water As It States In The Original Koran 45:54 Of The Mohammadans Religious Book And I Quote: And It Is He Who **Kalaq** "Created" From **Al Maa'** "The Water" A **Bashar**, Mortal In Skin (Evolution From Water).



The Baby In The Womb Of The Mother In A Water Sac.
You Lived As An Aquatic Creature In The Womb Of Your
Mother For 9 Months

So You See, You Were A Sea Creature In The Womb First,
Then A Land Creature.

However, Civilization Has Changed You In Other Respects.
You Have Contracted Improper Methods And Attitudes Of
Walking, Standing And Sitting, Which Have Robbed You Of
Your Birthright From A Reptile To A Mammal Of Your
Natural And Correct Breathing. From One State To Another
You Have Paid A High Price For Europeans Form Of
Civilization.

The Average Person Today, Breathes Naturally, Unless He Or
She Has Been Contaminated By Bad Habits. Then They
Need A Spiritual Master To Re-teach Them.

The Percentage Of Normal Men And Women Who Breathe
Correctly Is Quite Small, And The Result Is Shown In
Contracted Chests And Stooping Shoulders, And A Terrible
Increase Of Diseases Of The Respiratory Organs.

[Eminent Authorities Have Stated That One Generation Of
Correct Breathers Would Generate The Race, And Disease
Would Be So Rare As To Be Looked Upon As A Curiosity,
Whether Looked At From The Standpoint Of The East Or
The West, The Connection Between Correct Breathing And
Health Is Readily Seen And Explained. The Egiptian Of The
Smai Teachings Show That The Physical Health Depends Very
Materially Upon Correct Breathing. The Eastern **Hery-Heb**
"Triad Of Teachers" Not Only Admits That Their Sacred
Brothers Are Right, But Also Say That In Addition To The
Physical Benefit, There Are Other Benefits Derived From
Correct Habits Of Breathing; For Instance Homo Sapiens
Mental Power, Happiness, Self-Control, Clear Sightedness,
Morals And Even His Spiritual Growth May Be Increased By

An Overstanding Of The "Science Of Breath". Whole Schools Of Egypt Knowledge Have Been Founded Upon This Egiptian Science, And This Right Knowledge When Grasped By The Western Races, And Put To Practical Use Which Is Their Strong Point, Will Work Wonders Among You.

The Thought Of The Old Egipt In The East And New Egipt In The West, Wedded To The Practice Of The West, Will Produce Worthy Offspring. This Work Will Take Up The Smai "Science Of Breath," Which Includes Not Only All That Is Known To The Western Physiologist And Hygienist, Which Really Came From Us, Pa **Tama-reyecat** "The Egiptians". It Not Only Points Out The Way To Physical Health Along The Lines Of What Western Scientists Have Termed "Deep Breathing," Etc., But Also Goes Into The Less Known Phases Of The Subject, And Shows How The Smai Controls Your Body Increasing Your Mental Capacity, And Develops The Spiritual Side Of Your Nature By The Smai "Science Of Breath".

The Smai Practices Exercises By Which He Or She Attains Control Of His Or Her **Body**, And Is Enabled To Send To Any Organ Or Part An Increased Life Force Or "Sekhem," (𐛥𐛦𐛲𐛱) Thereby Strengthening And Invigorating The Part Or Organ. He/She Knows All That His Western Scientific Brother Knows About The Physiological Effect Of Correct Breathing, But He Also Knows That The Air Contains More Than Oxygen, Hydrogen And Nitrogen. He Knows Something About Sekhem "Life Force" Of Which The Western Seh "Religious" Brother Is Ignorant, And He Is Fully Aware Of The Nature And Manner Of Handling That Great Principle Of Energy, And Is Fully Informed As To Its Effect Upon The Human Body And Mind.

He Knows That By Rhythmical Breathing One May Bring Himself Into Harmonious Vibration, With Nature, Pa **Neteraat** "The Gods" And Aid In The Unfoldment Of His Latent Powers. He Knows That By Controlled Breathing He May Not Only Cure Disease In Himself And Others, But Also Practically Do Away With Fear, Worry And "Selfishness" Emotions. To Teach These Things Is The Object Of This Work. I Will Give In A Few Chapters' Concise Explanation And Instructions, Which Might Be Extended Into Volumes. I Hope To Awaken The Minds Of The Western World, The Once Lost But Now Found Egiptian And Teach Them The Value Of The Smai "Science Of Breath."

CHAPTER 3

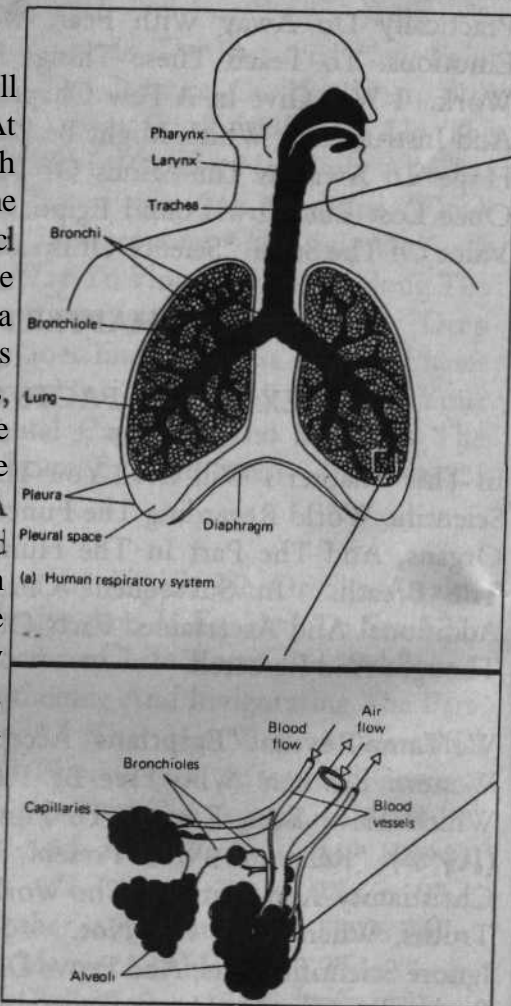
"THE EXOTERIC FACTS OF BREATH"

In This Chapter I Will Give You The Facts Of The Western Scientific World Regarding The Functions Of The Respiratory Organs, And The Part In The Human Economy Played By The Breath. In Subsequent Chapters I Will Give The Additional And Ascertained Facts Of The Egiptian School Of I Thought And Research.

[We **Tama-Reyecat** "Egiptians" Accept The Facts Only. Our Western Brothers Who Live By Faith, Belief, And Fiction, Which Have Been Known To Him For Centuries As Seh (𐛥𐛦𐛲𐛱) "Religion" Will Present Religions Like Judaism, Christianity And Islam To The World As If They Are Great Truths, When They Are Not. So They Are Taught, To Ignore Scientific Facts, And Prove Discourage, Will Perhaps Be Better To Give A Hasty General Idea Of The Organs Of Respiration.

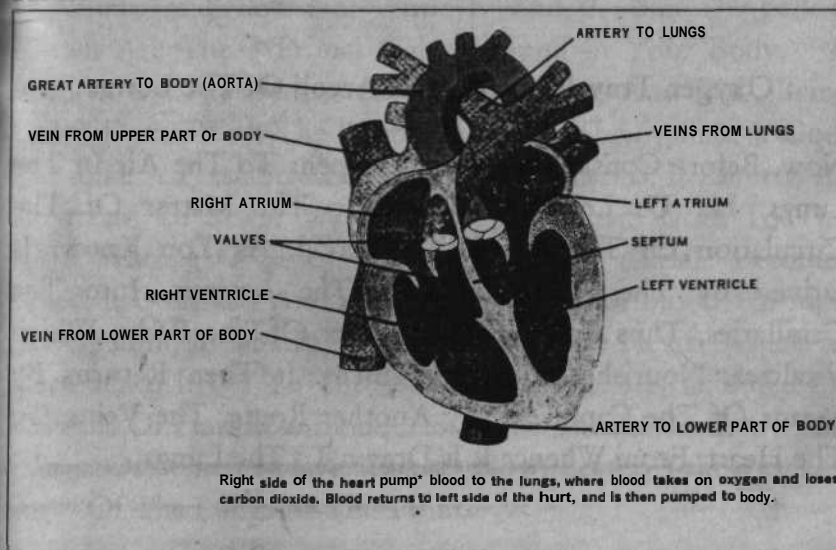
Organs Of Respiration Consist Of The Lungs And The Air Passages Leading To Them. The Lungs Are Two In Number, And **Occupy** The Pleural Chamber Of The **Thorax**, One On Each Side Of The Median Line, Being Separated From Each Other By The Heart, The Greater Blood Vessels And The Larger Air Tubes.

Each Lung Is Free In All **Directions**, Except At The Root, Which Consists Chiefly Of The Bronchi, Arteries And Veins Connecting The Lungs With The Trachea And Heart. The Lungs Are Spongy And Porous, And Their Tissues Are Very Elastic. They Are Covered With A Delicately Constructed But Strong Sac, Known As The Pleural Sac, One Wall Of Which Closely Adheres To The Lung, And The Other To The Inner Wall Of The Chest, And Which Secretes A Fluid Which Allows The Inner Surfaces Of The Walls To Glide Easily Upon Each Other In The Act Of Breathing.

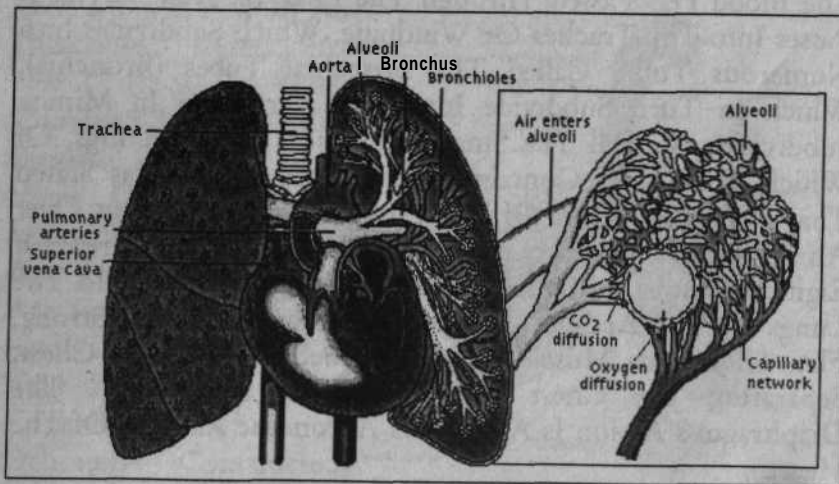


The Human Lungs

The Air Passages Consist Of The Interior Of The Nose, **Pharynx**, Larynx, Windpipe Or Trachea, And The Bronchial Tubes. When We Breathe, We Draw In The Air Through The Nose, In Which It Is Warmed By Contact With The Mucous Membrane, Which Is Richly Supplied With Blood. How Do We Get Heat To Have Warm Blood? It Is By Way Of Our Own Centered Sun The Solar **Plex**, Solar Meaning Sun. After The Blood Has Passed Through The Pharynx And Larynx It Passes Into The Trachea Or Windpipe, Which Subdivides Into Numerous Tubes Called The Bronchial Tubes (Bronchia), Which In Turn Subdivide Into And Terminate In Minute Subdivisions In All The Small Air Spaces In The Lungs, Of Which The Lungs Contain Millions. A Writer Has Stated That If The Air Cells Of The Lungs Were Spread Out Over An Unbroken Surface, They Would Cover An Area Of Eighteen Thousand Square Feet. The Air Is Drawn Into The Lungs By The Actions Of The Diaphragm, A Great, Strong, Flat, Sheet-Like Muscle, And Stretched Across The Chest, Separating The Chest Box From The Abdomen. The Diaphragm's Action Is Almost As Automatic As That Of The Heart.

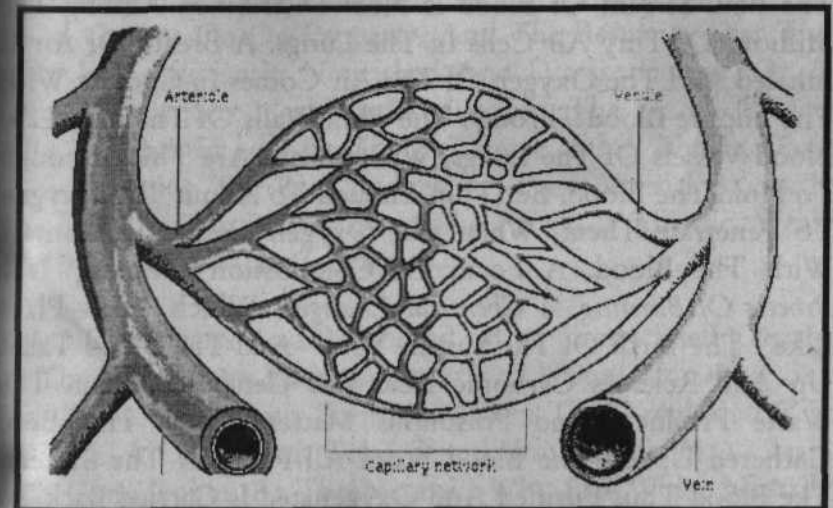


Although It May Be Transformed Into A Semi-Voluntary Muscle By An Effort Of The Will When It Expands, It Increases The Size Of The Chest And Lungs, And The Air Rushes Into The Vacuum Thus Created. When It Relaxes The Chest And Lungs Contract And The Air Is Expelled From The Lungs.



Oxygen Traveling Into The Areoli Of The Lungs

Now, Before Considering What Happens To The Air In The Lungs, Let Us Look A Little Into The Matter Of The Circulation Of The Blood. The Blood, As You Know, Is Driven By The Heart, Through The Arteries, Into The Capillaries, Thus Reaching Every Part Of The Body, Which Vitalizes, Nourishes And Strengthens. It Then Returns By Means Of The Capillaries By Another Route, The Veins, To The Heart, From Whence It Is Drawn To The Lungs.



Capillary Network

Blood Starts On Its Arterial Journey Bright Blue And Rich, Laden With Life Giving Qualities And Properties. (Only Turning Red When Oxygen Hits Its True White Blood Capsules Are Yellow Not White 1. Red, 2. Blue, 3. Yellow Which Are The 3 Primal Colors Found In Your Body. It Returns By The Venous Route, Poor, Blue And Dull, Being Laden Down With The Waste Matter Of The System. It Goes Out Like A Fresh Stream From The Mountains; It Returns As A Stream Of Sewer Water. This Foul Stream Goes To The Right Auricle Of The Heart. When This Auricle Becomes Filled, It Contracts And Forces The Stream Of Blood Through An Opening In The Right Ventricle Of The Heart, Which In Turn Sends It On To The Lungs, Where It Is Distributed By Millions Of Hair-Like Blood Vessels To The Air Cells Of The Lungs, Of Which I Have Spoken. Now, Let Us Take Up The Story Of The Lungs At This Point.

The Foul Stream Of Blood Is Now Distributed Among The Millions Of Tiny Air Cells In The Lungs. A Breath Of Air Is Inhaled And The Oxygen Of The Air Comes In Contact With The Impure Blood Through The Thin Walls Of The Hair-Like Blood Vessels Of The Lungs, Which Walls Are Thick Enough To Hold The Blood, But Thin Enough To Admit The Oxygen To Penetrate Them, When The Oxygen Comes In Contact With The Blood, A Form Of Combustion Meaning "*The Process Of Burning, A Chemical Change*" Which Takes Place Like The Birth Of The Sun In You, And The Blood Takes Up And Releases Carbonic Acid Gas Generated From The Waste Products And Poisonous Matter Which Has Been Gathered Up By The Blood From All Parts Of The System. The Blood Thus Purified And Oxygenated Is Carried Back To The Heart, Again Rich, Red And Bright, And Laden With Life-Giving Properties And Qualities. Upon Reaching The Left Auricle Of The Heart, It Is Forced Into The Left Ventricle, From Whence It Is Again Forced Out Through The Arteries On Its Mission Of Life To All Parts Of The System. It Is Estimated That In A Single Day Of 23 Hours, 56 Minutes And 6 Seconds Of Blood Traverse The Capillaries Of The Lungs, The Blood Corpuscles Passing In Single File And Being Exposed To The Oxygen Of The Air On Both Of Their Surfaces. When One Considers The Minute Details Of The Process Alluded Is Lost In Wonder And Admiration At Nature's Infinite Care And Intelligence.

It Will Be Seen That Unless Fresh Air In Sufficient Quantities Reaches The Lungs The Foul Stream Of Venous Blood Can Not Be Purified, And Consequently Not Only Is The Body Thus Robbed Of Nourishment, But The Waste Products Which Should Have Been Destroyed Poisons The System And Death Ensues. Impure Air Acts In The Same Way, Only In A Lessened Degree. It Will Also Be Seen That If One Does Not

Breathe In A Sufficient Quantity Of Air, The Work Of The Blood Cannot Go On Properly, And The Result Is That The Body Is Insufficiently Nourished And Disease Ensues, Or A State Of Imperfect Health Is Experienced. The Blood Of One Who Breathes Improperly Is, Of Course, Of A Bluish, Dark Color, Lacking The Rich Redness Of Pure Arterial Blood. If The Blood Is Too Bright, Then The Person Is Anemic, Weak And Sickly Like Most Caucasoids.

These Weaknesses And Bad Blood Often Shows Itself Clearly In The Caucasians Poor Complexion, Where You Can See Blue Veins. They Even Turn Blue When The Circulation 0° Is But Off. A Consequent Good Circulation, Results In A Clear, Rich Complexion, As The Negroid Who Has Wider Nostrils And Breaths In Much More Good Air So The Evil One Tries To Keep The Neighborhoods Of The Negroid Polluted With Bad Air.

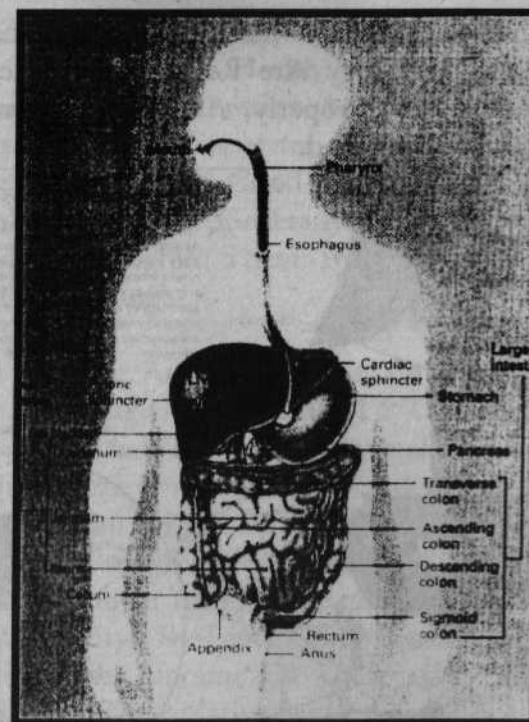


The "Smog" Air Pollutions In New York City

They Keep Them From The County Side And Keep Them In The **Cities**. A Little Reflection Will Show The Vital Importance Of Correct Breathing. If The Blood Is Not Fully Purified By The Regenerative Process Of The Lungs, It Returns To The Arteries In An Abnormal State, Insufficiently Purified Imperfectly Cleansed Of The Impurities Which It Took Up On Its Return Journey.

These Impurities If Returned To The System Will Certainly Manifest In Some Form Of **Disease**. Either In A Form Of Blood Disease Or Some Disease Resulting From Impaired Functioning Of Some Insufficiently Nourished Organ Or Tissue. The Blood, When Properly Exposed To The Air In The Lungs, Not Only Has Its Impurities Consumed And Parts With Its Noxious Carbonic Acid Gas, But It Also Takes Up And Absorbs A Certain Quantity Of Oxygen Which It Carries To All Parts Of The Body, Where It Is Needed In Order That Nature May Perform Its Processes Properly. When The Oxygen Comes In Contact With The Blood It Unites With The Hemoglobin. Of The Blood And Is Carried To Every Cell Tissue, Muscle And Organ, Which It Invigorates And Strengthens, Replacing The Worn-Out Cells And Tissues By New Materials Which Nature Converts To Its Use. Arterial Blood, Properly Exposed To The Air, Contains About 27 Per Cent Of Free Oxygen.

Not Only Is Every Part Vitalized By The Oxygen, But The Act Of Digestion Depends Materially Upon A Certain Amount Of Oxygenation Of The Food, And This Can Be Accomplished Only By The Oxygen In The Blood Coming In Contact With The Food And Producing A Certain Form Of Combustion Which Is The Process Of Rapid Oxidation Or Burning Of A Substance With Simultaneous Evolution Of Heat And, Usually, Light.



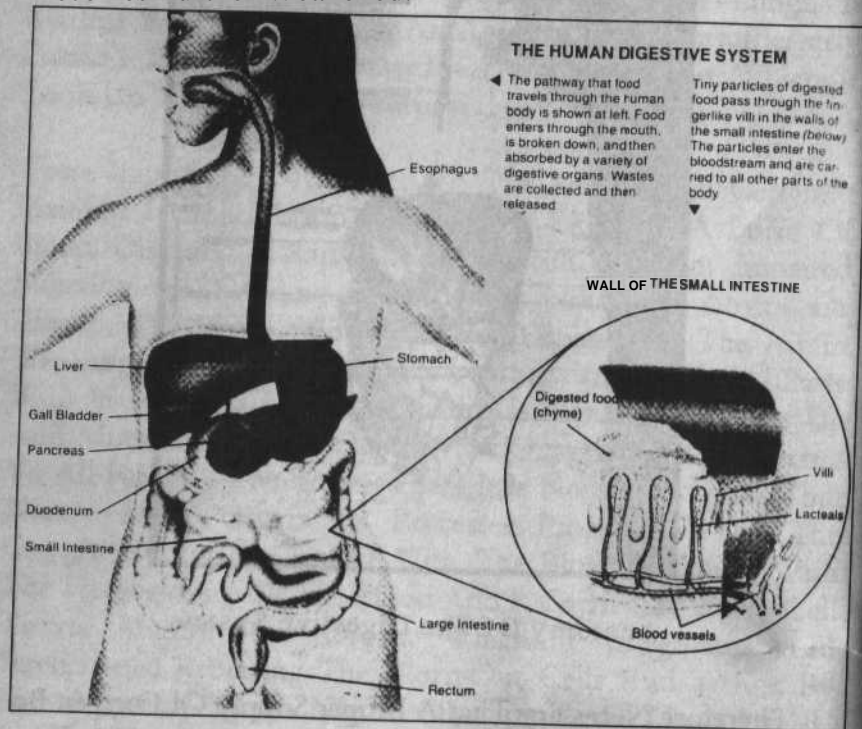
Anatomy Of The Digestive System

It Is Therefore Necessary That A Proper Supply Of Oxygen Be Taken Through The Lungs. This Accounts For The Fact That Weak Lungs And Poor Digestion Are So Often Found Together.

To Grasp The Full Significance Of This Statement, One Must Remember That The Entire Body Receives Nourishment From The Food Assimilated, And That Imperfect Assimilation Always Means An Imperfectly Nourished Body.

Even The Lungs Themselves Depend Upon The Same Source For Nourishment, And If Through Imperfect Breathing The

Assimilation Becomes Imperfect, And The Lungs In Turn Become Weakened, They Are Rendered Still Less Able To Perform Their Work Properly, And So In Turn The Body Becomes Further Weakened.



The Food Being Broken Down To Pass Through The Bloodstream Of The Body

Every Particle Of Food And Drink Must Be Oxygenated Before It Can Yield Us The Proper Nourishment. This Is Also Why Caucasians Try To Keep The Negroid Eating Bad Greasy And Spicy Food, All To Poison The Blood, To Poison The Air, To Deaden The Brain. And Before The Waste Products Of The System Can Be Reduced To The Proper Condition To Be Eliminated From The System. Lack Of

Sufficient Oxygen Means Imperfect Nutrition. Imperfect Elimination And Imperfect Health. That's The Plot. Verily, "Breath Is Life," The Combustion Arising From The Change In The Waste Products Generates Heat And Equalizes The Temperature Of The Body. Good Breathers Are Not Apt To Catch Colds And They Generally Have Plenty Of Good Warm Blood That Enables Them To Resist The Changes In The Other Temperature.

In Addition To The Above-Mentioned Important Processes, The Act Of Breathing Gives Exercise To The Internal Organs And Muscles Which Features Are Generally Overlooked By The Western Writers On The Subject, But Which The Waab (☸☸☸☸) "Egiptian High Priest" Fully Appreciate. In Imperfect Or Shallow Breathing, Only A Portion Of The Lung Cells Are Brought Into Play, And A Great Portion Of The Lung Capacity Is Lost, The System Suffering In Proportion To The Amount Of Under Oxygenation. The Lower Animals, In Their Native State, Breathe Naturally, And The Ancient Egiptian Undoubtedly Did The Same. The Abnormal Manner Of Liking Adopted By The Outside, Man, Man's kind Or Mankind. The Shadow That Follows Upon Civilization-Has Robbed You Of Your Natural Habit Of fcreathing, And The Race Has Greatly Suffered Thereby. The Original Man, The Nuwaupian's Only Physical Salvation Is To "Get Back To Nature." Worship, Respect, Love, Adore, And Appreciate, Nature, The True Source Of Health And Life As The Ancient Egiptians Did. Do It, And Start Right Now.

THE ESOTERIC FACTS OF BREATH

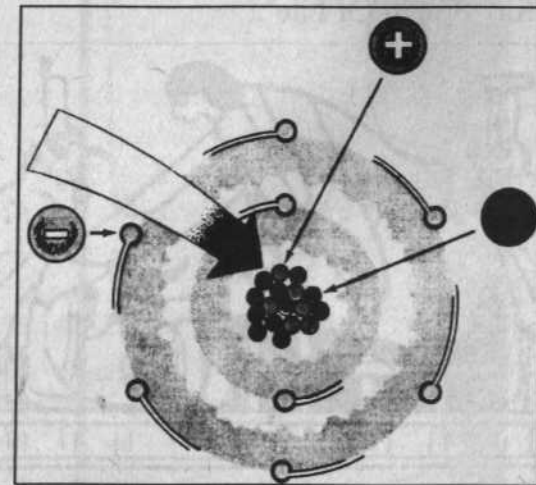
The Science Of Breath, Like Many Other Teachings, Has Its Esoteric Or Inner Phase. As Well As Its Exoteric Or Outer Phase. (Read The Scroll Exoteric Or Esoteric). The

Physiological Phase May Be Termed The Outer Or Exoteric Side Of The Subject, And The Phase Which I Will Now Consider May Be Termed Its Esoteric Or Inner Side. Occultists, In All Ages And Lands Have Always Taught, Usually Secretly To A Few Followers, That There Was To Be Found In The Air A Substance Or Principle From Which All Activity, Vitality And Life Was Derived, **Sekhem "Parna"**. They Differed In Their Terms And Renamings "Names" For This Force, As Well As In The Details Of The Facts, But The Main Principle Is To Be Found In All Occult Teachings And Philosophies, Borrowed From Egypt And Has Formed A Portion Of The Teachings Of The Smi, Or What You Would Know As Egyptian Yoga.

In Order To Avoid Misconceptions Arising From The Various Facts Regarding This Great Principle, Which Facts Are Usually Attached To Some Name Given The Principle, I, In This Work, Will Speak Of The Principle This Word Being The Egyptian Term Meaning "Absolute Energy. Many Occult Authorities Teach That The Principle Which The Egyptian Term "Sekhem" Is The Universal Principle Of Energy Force, (The Hindus Call It "Parna ") And That All Energy Is Derived From That Principle; Or, Rather, Is A Particular Form Of Manifestation Of That Principle. These Facts Do Not Concern Us In The Consideration Of The Subject Matter Of This Work, And I Will Therefore Confine Myself To An Understanding Of Sekhem "Life Force" As The Principle Of Energy Exhibited In All Living Things, Which Distinguishes Them From A Lifeless Thing We May Consider It As The Active Principle Of Life-Vital Force If You Please.

It Is Found In All Forms Of Life, From The Most Elementary Form Of Plant Life To The Highest Form Of Animal Life, Sekhem Is All Pervading. It Is Found In All Things Having

Life. And As The Occult Philosophy Teaches That Life Is In All Things In Every Atom - The Apparent Lifelessness Of Some Things Being Only A Lesser Degree Of Manifestation, We May Overstand Their Teachings That The Sekhem Is Everywhere. In Everything Sekhem Must Not Be Confounded With The Ego, That Bit Of Divine **Ka (♁)** "Spirit" In Every Ba (☉) "Soul", Around Which Clusters Matter And Energy (Read The Mind Book). Sekhem Is Merely A Form Of Energy Used By The Ego In Its Material Manifestation. When The Ego Leaves The Body, The Sekhem, Being No Longer Under Its Control, Responds Only To The Orders Of The Individual Cells, Or Groups Of Cells, Forming The Body, And As The Body Disintegrates And Is Resolved To Its Original Elements, Each Atom Takes With Sufficient Sekhem To Enable It To Form New Combinations, The Unused Sekhem Returning To The Great Universal Storehouse From Which It Came. With The Ego In Control, Cohesion Exists And The Cells Are Held Together By The Will Of The Ego.



**Diagram
The Atom**

Sekhem Is The Name By Which I Designate A Universal Principle, Which Principle Is The Essence Of All Motion, Force Or Energy. Whether Manifested In Gravitation, Electricity, The Revolution Of The Planets, And All Forms Of Life, From The Highest To The Lowest. All Is In **Pa Kuluwm** "The All". It May Be Called The Ba "Soul" Of Force And Energy In All Their Forms, And That Principle Which, Operating In A Certain Way, Causes That Form Of Activity Which Accompanies Life. This Great Principle Is In All Forms Of Matter, And Yet It Is Not Matter, It Is In The Air, But It Is Not The Air Nor One Of Its Chemical Constituents. Animal And Plant Life Breathe It In With The Air, And Yet If The Air Contained It Not They Would Die Even Though They Might Be Filled With Air. It Is Taken Up By The System Along With The Oxygen, And Yet Is Not The Oxygen. The Hebrew Writer Of The Book Called The Torah Of The Jew, Genesis, Knew The Difference Between The Atmospheric Air And The Mysterious And Potent Principle Contained Within It. He Speaks Of Neshmet **Ruach Chayim**, Which, Translated, Means "The Breath Of The Ba "Soul" Or "Ka" Spirit Of Life".

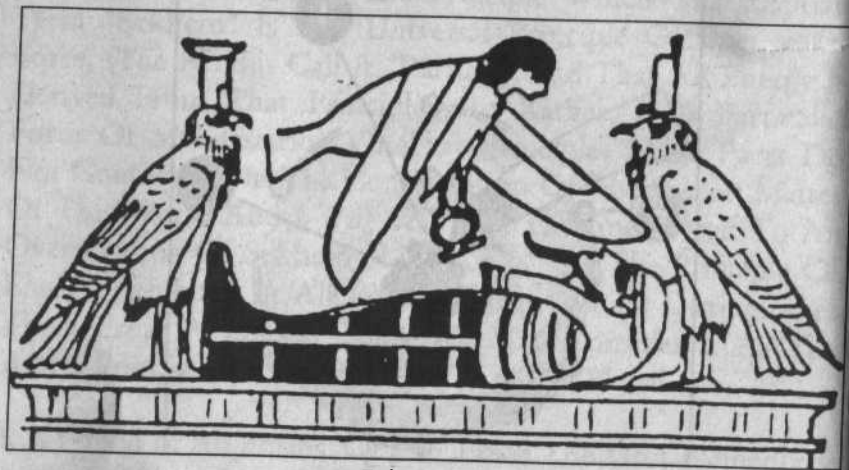


Diagram
The Akh And Ba

In The Hebrew Language, The Word Neshmet Means "**The Ordinary Breath**" Of The Atmospheric, And The Word **Chayim** Means "Life Or Lives", While The Word Ruach Means "**The Spirit**" Of Life, Which Occultists Claim Is The Same Principle Which I Speak Of As Sekhem. The Writer Of The Bible Called Moses Got It From Egypt. He Was A Student Of Tehuti Or Thoth, Also Called Melchizedek And Hermes.

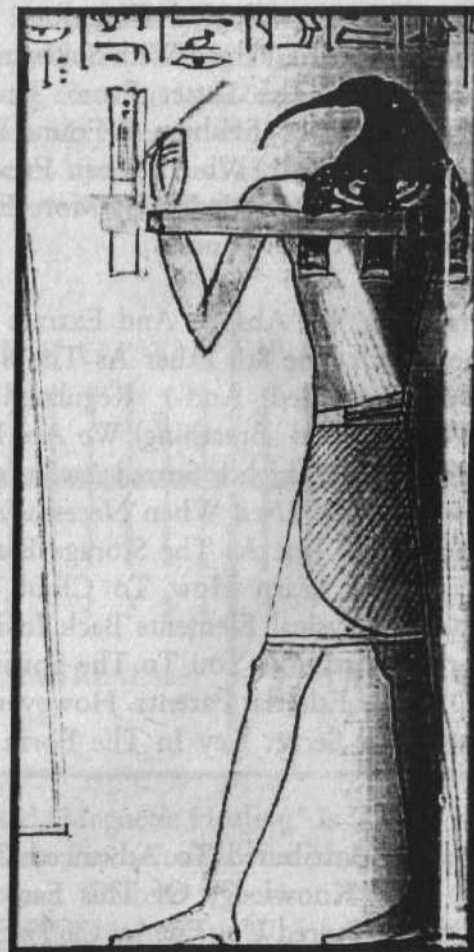


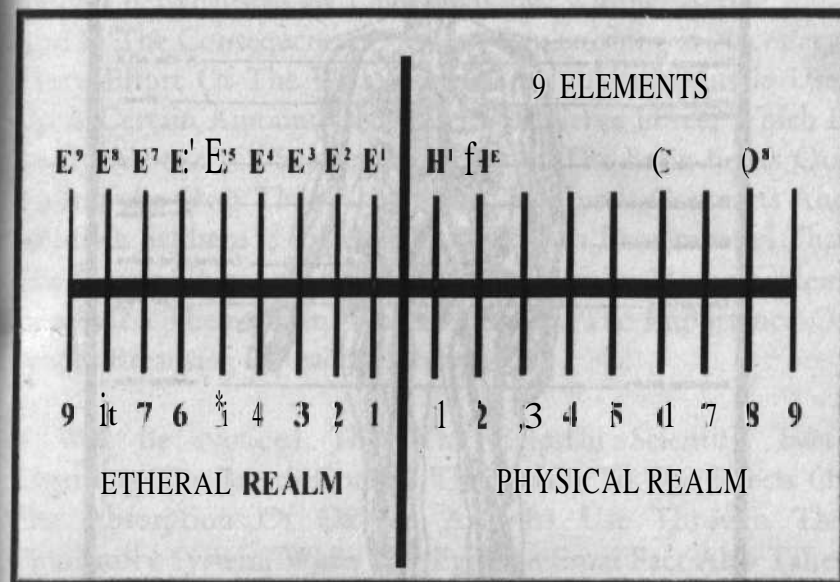
Figure
Pa Tama-Reye Neter Tehuti As Thoth

Sekhem Is In The Atmospheric Air, But It Is Also Elsewhere, And It Penetrates Where The Air Cannot Reach. It's Also Called Ether Which Is The 8th Element. The Oxygen, Which Is The 8th Element In The Air, Plays An Important Part In Sustaining Animal Life, And The Carbon Which Is The 6th Element Plays, A Similar Part With Plant Life, But Sekhem Has Its Own Distinct Part To Play In The Manifestation Of Life, Aside From The Physiological Functions. We Are Constantly Inhaling The Air Charged With Sekhem, And Are As Constantly Extracting The Latter From The Air And Appropriating It To Our Uses. Sekhem Is Found In Its Freest State In The Atmospheric Air, Which When Fresh Is Fairly Charged With It. And We Draw It To Us More Easily From The Air Than From Any Other Source.

In Ordinary Breathing We Absorb And Extract A Normal Supply Of Sekhem , Of The 8th Ether As The 8th Element Oxygen But By Controlled And Regulated Breathing (Generally - Known As Smai Breathing) We Are Enabled To Extract A Greater Supply, Which Is Stored Away In The Brain And Nerve Centers, To Be Used When Necessary. We May Store Away Sekhem Just As The Storage Battery Stores Away Electricity. You Learn How To Climb The Ether Ladder From The 99 Physical Elements Back Inside Out To The 9 T H Ether Which Links You To The Spiritual Then Mental Realm Of Your Etherial Parents. However, First You Have To Be Given The Secret Key In The Form Of Degree 3x3.

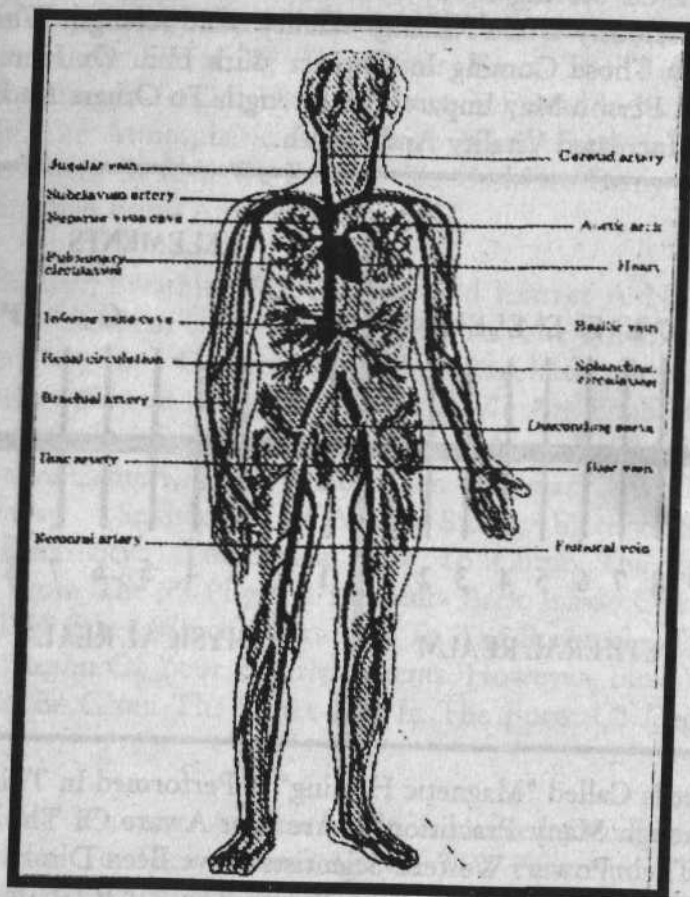
The Many Powers Attributed To Advanced Occultists Is Due Largely To Their Knowledge Of This Fact And Their Intelligent Use Of This Stored Up Energy Of 99 Elements, 99 Attributes, 99 Neter And Neteru. The Waab "Egyptian High Priest" Knew That By Certain Forms Of Breathing And Tones

they Establish Certain Relations With The Supply Of **Sekhem** And May Draw On The Same For What They Require. Not Only Do They Strengthen All Parts Of Their Body In This Way, But The Brain Itself May Receive Increase And They Don't Age As Fast As Others However, Energy From The Same Source, And Latent Faculties Become Developed And 9 Etheric Powers Are Attained. One Who Has Mastered The Science Of Storing Away Sekhem , Either Consciously, Or Unconsciously Often Radiates Vitality And Strength Which Is Felt By Those Coming In Contact With Him Or Her. And Such A Person May Impart This Strength To Others And Give Them Increased Vitality And Health.



What Is Called "Magnetic Healing" Is Performed In This Way, Although Many Practitioners Are Not Aware Of The Source Of Their Power. Western Scientists Have Been Dimly Aware Of This Great Principle With Which The Air Is Charged, But Finding That They Could Find No Chemical Trace Of It, Or Make It Register On Any Of Their Instruments, They Have

Generally Treated The Egiptian Fact With Disdain. They Could Not Explain This Principle, And Deny It. They Seem, However, To Recognize That The Air In Certain Places Possesses A Greater Amount Of "Something" And Sick People Are Directed By Their Physicians To Seek Such Places In Hopes Of Regaining Lost Health. The Oxygen In The Air Is Appropriated By The Blood And Is Made Use Of By The Circulatory System.



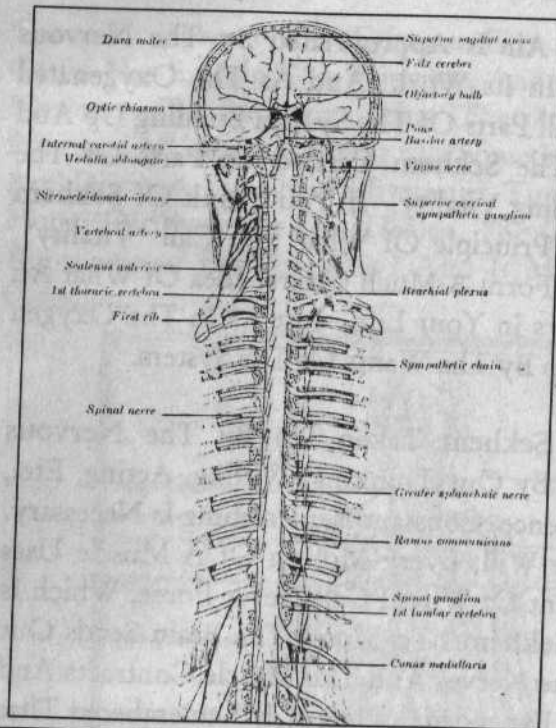
The Circulatory System

The **Sekhem** In The Air Is Appropriated By The Nervous System And Is Used In Its Work. And As The Oxygenated Blood Is Carried To All Parts Of The System Building Up And Replenishing, So Is The Sekhem Carried To Parts Of The Nervous System Adding Vitality. If You Think Of Sekhem As Being The Active Principle Of What You Call "Vitality", [You Will Be Able To Form A Much Clearer Idea Of What An Important Part It Plays In Your Life. Just As In The Oxygen In The Blood Used Up By The Wants Of The System.

So The Supply Of Sekhem Taken Up By The Nervous System Is Exhausted By Our Thinking, Willing, Acting, Etc., And In The Consequence, Constant Replenishing Is Necessary. Every Effort Of The Will, Every Motion Of A Muscle Uses Up A Certain Amount Of What I Call Nerve Force, Which Is Really A Form Of Sekhem. To Move, The Brain Sends Out An Impulse Over The Nerves And The Muscle Contracts And So Much Sekhem Is Expended. When It Is Remembered That The Greater Portion Of Sekhem Acquired By Homo Sapiens Comes To Them From The Air Inhaled, The Importance Of Proper Breathing Is Readily Overstood.

It Will Be Noticed That The Egiptian Scientific Facts Regarding The Breath Confine Themselves To The Effects Of The Absorption Of Oxygen And Its Use Through The Circulatory System, While The Egiptian Smai Fact Also Takes Into Consideration The Absorption Of Sekhem, And Its Manifestation Through The Channels Of The Nervous System.

Before Proceeding Further, It May Be As Well To Take A Hasty Glance At The Nervous System.

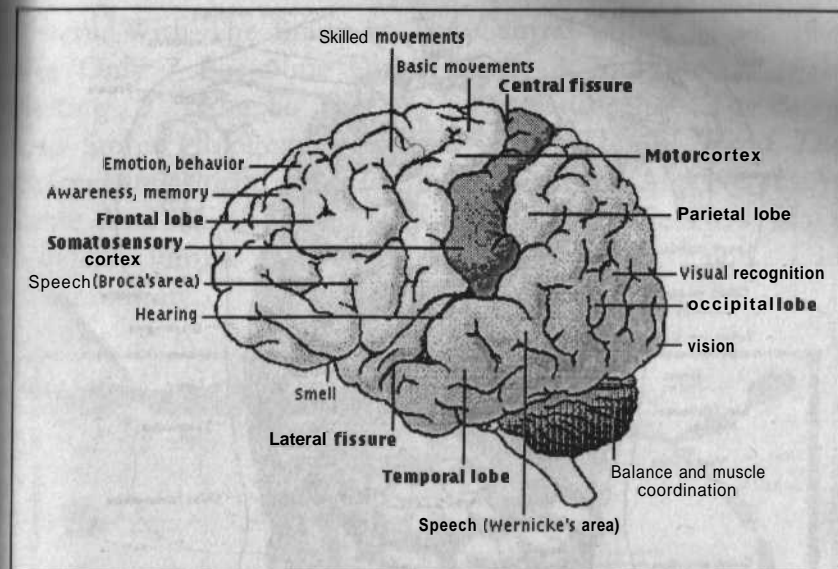
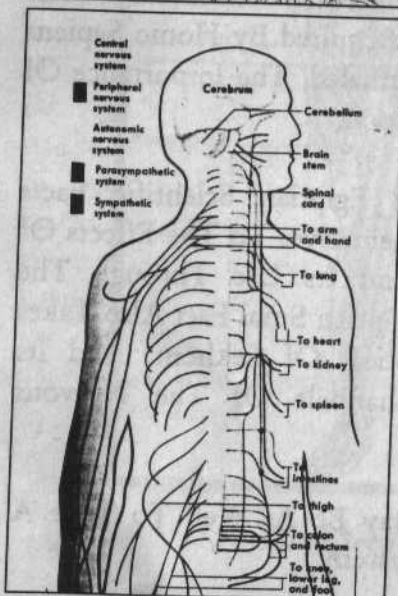


Left:
Diagram

The Structure Of
The Nervous
System. The
Nerves Controls
The Movements Of
The Human Body.

The Nervous System Of Homo Sapiens Is Divided Into Two Great Systems, The Cerebra- Spinal System Consists Of All The Parts Of The Nervous System Contained Within The Cranial Cavity And The Spinal Canal Viz., The Brain And The Spinal Cord, Together With The Nerves Which Branch Off From The Same.

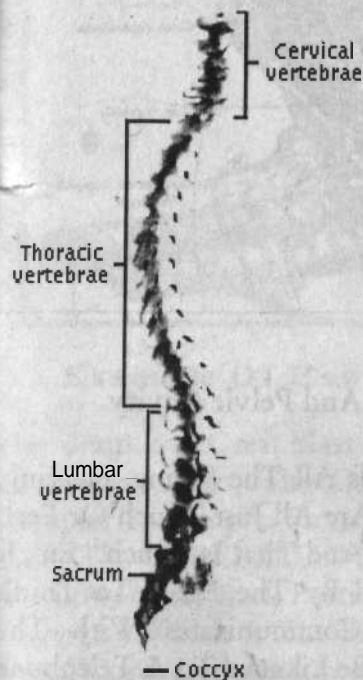
Left: Diagram
The Nerves Connecting To
Different Parts Of The Body

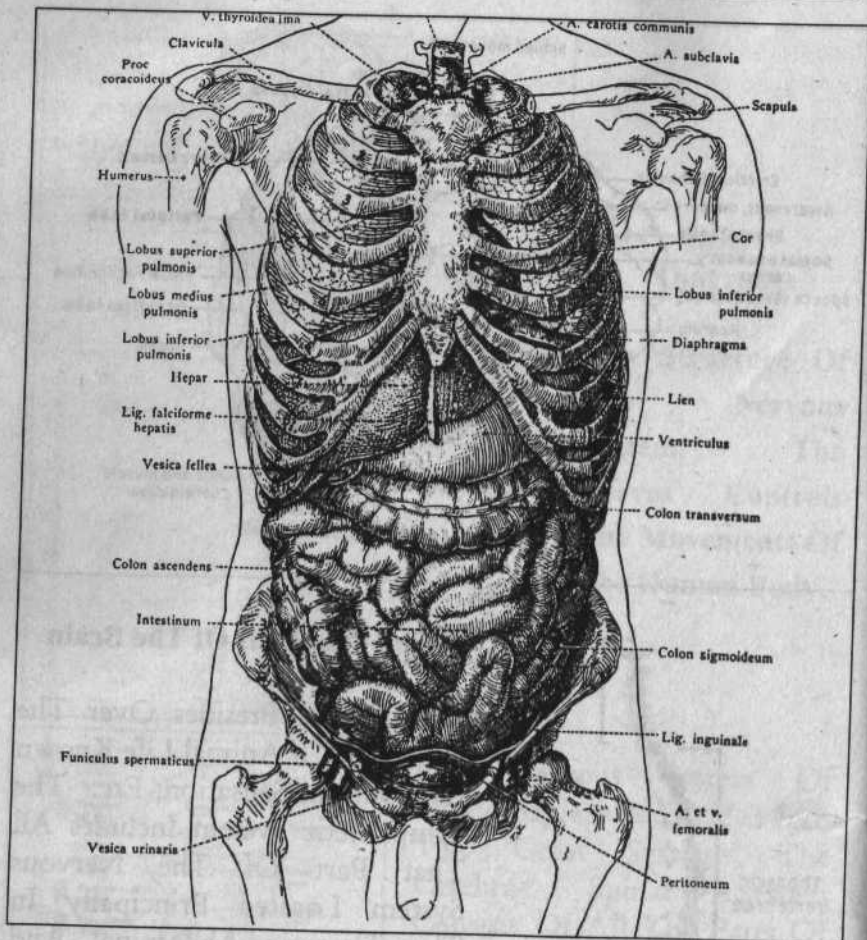


The Functions Of The Brain

This System Presides Over The Functions Of Animal Life Known As Volition, Sensation, Etc. The Sympathetic System Includes All That Part Of The Nervous System Located Principally In The Thoracic Abdominal And Pelvic Cavities, And Which Is Distributed To The Internal Organs. It Has Control Over The Involuntary Processes, Such As Growth, Nutrition, Etc.

Left:
The Spinal Column

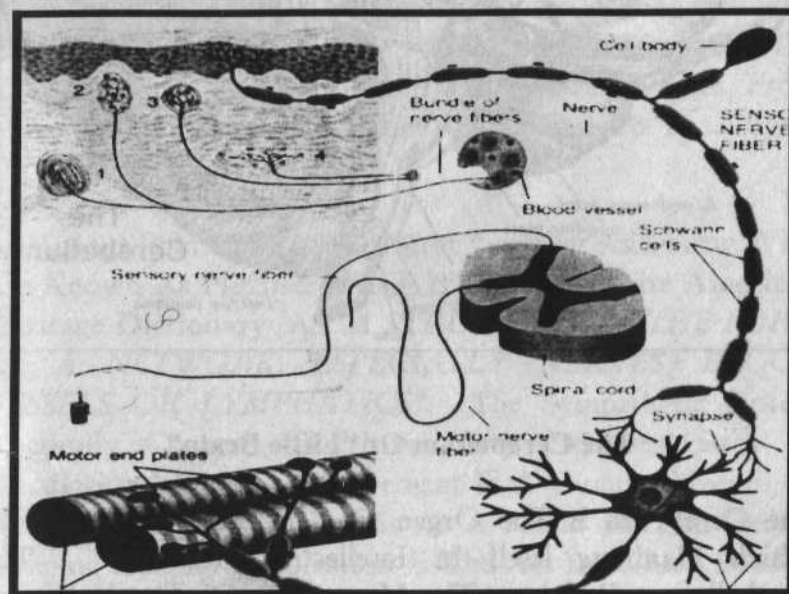




The Thoracic Abdominal And Pelvic Cavity

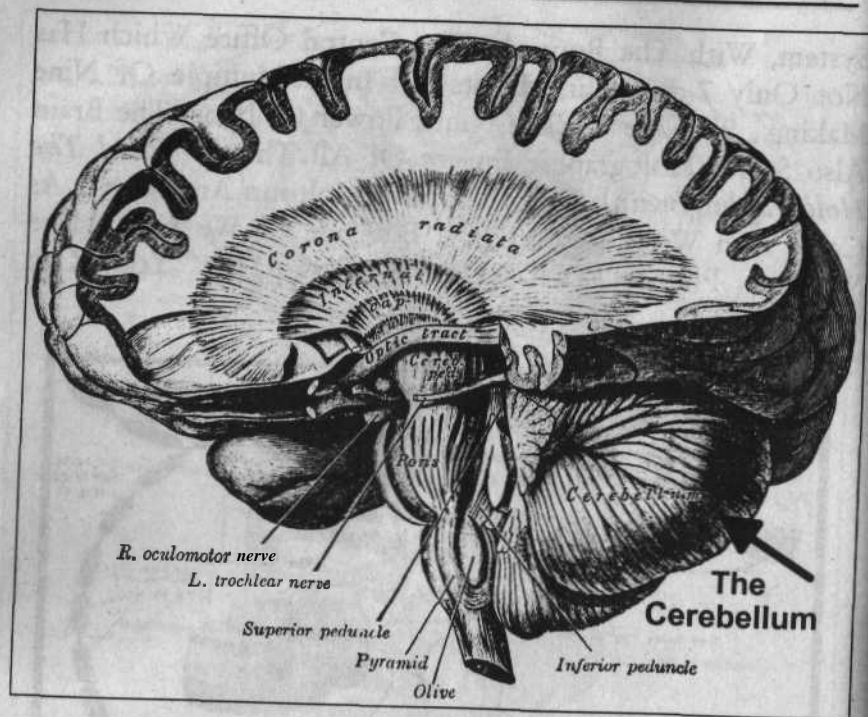
The Cerebra-Spinal System Attends All The Seeing, Hearing, Tasting, Smelling, Feeling, Which Are All Just Touch Or Feel. You Really Only Have One Sense And That Is Touch. Etc. It Sets Things In Motion; It Is Used By The Ego. To Think Manifest Consciousness Which Communicates With The Outside World. This System May Be Likened To A Telephone

System, With The Brain As The Central Office Which Has Not Only 7 But Nine Digits All In A Multiple Of Nine Making, 9^9 , Nine To The Ninth Power Of Nine. The Brain Also Stores Holographic Images Of All Things. (Read *The Holographic Brain*) And The Spinal Column And Nerves As Cable And Wires Respectively, But Just As We Now Have [Wireless Phones That Are Wireless That You Can Communicate.



Example Of How Nerve System Works

The Brain Is A Great Mass Of Nerve Tissue, And Consists Of Three Parts, Viz., The Cerebrum Or Brain Proper Which Occupies The Upper, Front, Middle And Back Portion Of The Skull; The **CEREBELLUM**, Or "Little Brain", Which Fills The Lower And Back Portion Of The Skull And The Medulla Oblongata Which Is The Broadened Commencement Of The Spinal **Cord**, Lying Before And In Front Of The Cerebellum.



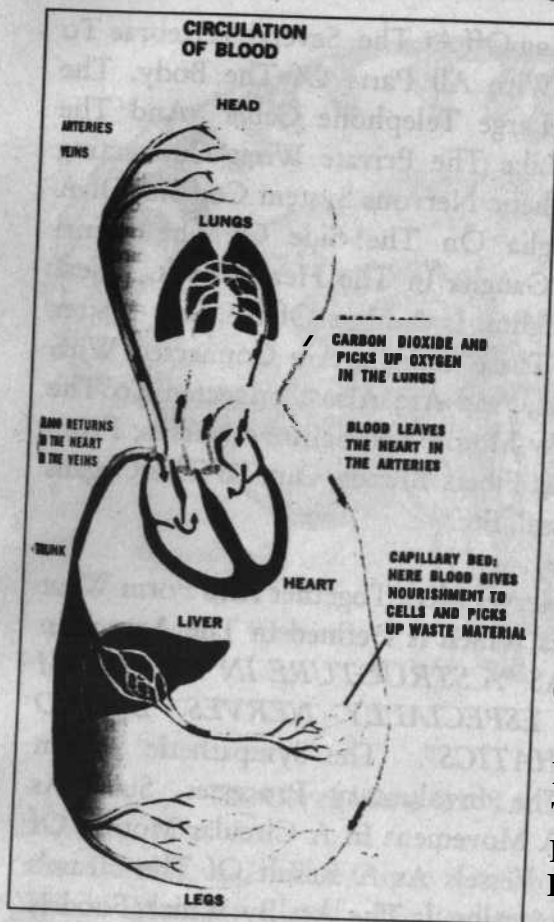
The Cerebellum Or "Little Brain"

Cerebrum Is The Organ Of That Part Of The Mind Which Manifests Itself In Intellectual Action. The Cerebellum Regulates The Movements Of The Voluntary Muscles. The Medulla Oblongata Is The Upper Enlarged End Of The Brain, And From It The Cerebrum Branches Forth To The Cranial Nerves Which Reach To Various Parts Of The Head To The Organs Of Special Sense, To Some Of The Thoracic And Abdominal Organs, And To The Respiratory Organ.

The Spinal Cord, Or **Spinal** Marrow, Fills The Spinal Canal Of The Vertebral Column, Or "Backbone", It Is A Long Mass

Of Nerve Tissue, Branching Off At The Several Vertebrae. The Nerves Communicating With All Parts Of The Body. The Spinal Cord Is Like A Large Telephone Cable And The Emerging Nerves Are Like The Private Wires Connecting Therewith. The Sympathetic Nervous System Consists Of A Double Chain Of Ganglia On The Side Of The Spinal Column, And Scattered Ganglia In The Head, Neck, Chest And Abdomen. (A Ganglion Is A Mass Of Nervous Matter Including Nerve Cells.) These Ganglia Are Connected With Each Other By Filaments, And Are Also Connected To The Cerebra Spinal System By Motor And Sensory Nerves, From These Ganglia Numerous Fibers Branch Out To The Organs Of The Body, Blood Vessel, Etc.

At Various Points The Nerves Meet Together And Form What Are Known As Plexuses Which Is Defined In The American Heritage Dictionary AS "A *STRUCTURE IN THE FORM OF A NETWORK. ESPECIALLY NERVES, BLOOD VESSELS OR LYMPHATICS*". The Sympathetic System Practically Controls The Involuntary Processes, Such As Circulation Which Is A Movement In A Circular Motion Of Blood Through Bodily Vessels As A Result Of The Heart's Pumping Action. Respiration Is The Act By Which Food Is Converted Into Substances That Can Be Absorbed And Assimilated By The Body And Digestion Which Is The Process By Which Food Is Converted Into Substances That Can Be Absorbed And Assimilated By The Body. The Power Of Force Transmitted From The Brain To All Parts Of The Body By Means Of The Nerves, It Is Known To The Western Science As "Nerve Forces" Although We Pa Waab (The Egiptian High Priest) Know It To Be A Manifestation Of **Sekhem**.



In Character It Rapidity Resembles The Electric Current. It Will Be Seen That With Out This Nerve Force The Heart Can Not Beat; The Blood Can Not Circulate The Lungs Can Not Breathe, And The Various Organs Cannot Function, In Fact The Machinery Shuts Down. NO More, The Brain Cannot Think With-Out The Sekhem (𐎓𐎕𐎗𐎕).

**Left: Diagram
The Circulation Of
Blood In The Human
Body**

When These Facts Are Considered, The Importance Of The Absorption Of Sekhem Must Be Evident To All, And The Science Of Breath Assumes An Importance Even Greater Than That Recorded By Western Science.

The Smai (𐎓𐎕𐎗𐎕) Teachings Go Further Than Western Science, In One Important Feature Of The Nervous System. We Allude To What Western Science Terms The "Solar Plexus," And Which It Considers As Merely One Of A Series Of Certain Matted Nets Of Sympathetic Nerves With Their

Ganglia Found In Various Parts Of The Body. Smai Science Teaches That The Solar Plexus Is Really The Most Important Part Of The Nervous System, And That It Is A Form Of The Brain, It's Own Center Sun Of 3 Suns Playing One Of The Principal Parts In The Human Economy. There Sets Your Centered Sun SOLAR And PLEXUS. Western Science Seems To Be Moving Gradually Towards A Recognition Of This Fact Which Has Been Known To The Egyptians For Over 10,000 YEARS And Some Recent Western Writers Have Termed The Solar Plexus, The "Abdominal Brain". The Solar Plexus Is Situated In The Epigastria Region, Just In Back Of The Pit Of The Stomach On Either Side Of The Spinal Column. It Is Composed Of White And Gray Brain Matter, Similar To That Composing The Other Brains Of Homo Sapiens. It Has Control Of The Main Internal Organs Of Homo Sapiens, And Plays A Much, More Important Part Than Is Generally Recognized. I Will Not Go Into The Smai Fact Regarding The Solar Plexus, Further Than To Say That They Know It As The Great Central Store House Of Sekhem. Homo Sapiens Have Been Known To Be Instantly Killed By A Severe Blow Over The Solar Plexus, And Prize Fighters Recognize Its Vulnerability And Frequently Temporarily Paralyze Their Opponents By A Blow Over This Region. The Name "Solar" Is Well Bestowed On This "Brain", As It Radiates Strength And Energy To All Parts Of The Body, Like The "SUN" RE Or RA Even The Upper Brains Depending Largely Upon It As A Storehouse Of Sekhem. Sooner Or Later Western Science Will Fully Recognize The Real Function Of The Solar Plexus, And Will Accord To It A Far More Important Place Than It Now Occupies In Their Childish Text-Books And Teachings Based On Blind Faith SEH "Religions".

NOSTRIL BREATHING Vs. MOUTH-BREATHING

One Of The First Studies In **Smal** "Science Of PA **NEF** "The Breath," Is To Learn How To Breathe Through The Nostrils All Over Again Like You Did When You Were A **Baby**, And To Overcome The Common Practice Of Mouth-Breathing, Which You Learned From The Caucasians Who Because Of The Disease Leprosy Or Hanson's Which They Suffer From Resulting In **Albinism**. The Breathing Mechanism Of Homo Sapiens Is So Constructed That We May Breathe Either Through The Mouth Or Nasal Tubes, But It Is A Matter Of Vital Importance To You Which Method You Follow, As One Brings Health And Strength And The Other Disease And Weakness. It Should Not Be Necessary To State To The Student That The Proper Method Of Breathing Is To Take The Breath Through The Nostrils. The Ignorance Among Civilized People Regarding This Simple Matter Is Astounding. I Find People In All Walks Of Life Habitually Breathing Through Their **Mouths**, And Allowing Their Children To Follow Their Horrible And Disgusting Example. Many Of The Diseases To Which Homo Sapiens Are Subjected Are Undoubtly Caused **By** This Common Habit Of Mouth Constitutions, And In Manhood And Womanhood Break Down And Become Chronic Invalids. The Mother, Of The Savage Race Does Better, Being Evidently Guided By Her Intuition. She Seems To Instinctively Recognize That The Nostrils Are The Proper Channels For The Conveying Of Air To The Lungs, And She Trains Her Infant To Close Its Little Lips And Breathe Through The Nose, She Tips Its Head Forward When It Is Asleep, Which Attitude Closes The Lips And Makes Nostril-Breathing Imperative. If Our Mothers, The Nuwaupians Were To Adopt The Same Plan, It Would Work Great For The Whole **Nuwaupian** Race.

Many Contagious Diseases Are Contracted By The Disgusting Habit Of Mouth-Breathing, And Many **Calls** Of Cold And Catarrhal (Inflammation Of Mucus Membranes) Affections Are Also Attributable To The Same Cause. Many Persons Who For The Sake Of Appearances, Keep Their Mouth Closed For The Day, Persist In Mouth Breathing At Night And Often Contract Disease In This Way. Carefully Conducted Scientific Experiments Have Shown That Soldiers And Sailors Who Sleep With Their Mouths Open Are Much More Liable To Contract Contagious Diseases Than Those Who Breathe Properly Through The Nostrils. An Instance Is Related In Which Small-Pox Became An Epidemic On A Man Of-War In Foreign Areas, And Every Death Which Resulted Was That Of Some Sailor Or Marine Who Was A **Mouth-Breather**, Not A Single Nostril-Breather Succumbing.

The Organs Of Respiration Have Their Only Protective Apparatus, Filter, Or Dust Catches In The Nostrils. When PA **NEF** "The Breath" Is Taken Through **The** Mouth, There Is Nothing From Mouth To Lungs To Strain The Air, To Catch The Dust And Other Foreign Matter In The Air. From Mouth To Lungs The Dirt Or Impure Substances Has A Clear Track, And The Entire Respiratory System Is Unprotected.

And Moreover, Such Incorrect Breathings Admits Cold Air To The Organs, Thereby Injuring Them. Inflammation Of The Respiratory Organs Often Results From Inhalation From Cold Air Through The Mouth. The Man Or Women Who Breathes Through The Mouth At Night, Always Awakens With A Parched Feeling In The Mouth And **Dryness** In The Throat. He Or She Is Violating Of Natures Laws, And Is Sowing The Seed Of Disease And A Early Death.

One More, Reminder That The Mouth Affords No Protection To The Respiratory Organs, And Cold Air, Dust And Impurities And Germs Readily Enter By That Door. On The Other **Hand**, The Nostrils And Nasal Passages Show Evidence Of The Careful Design Of Pa Neter: Shu "The Deity OF Nature" In This Respect, The Nostrils Are Two Narrow, Tortuous Channels, Containing Numerous Bristly Hairs Which Serve The Purpose Of A Filter Or Sieve To Strain The Air Of Its Impurities, Etc. The Napier Or Kinkier The Hair Is, The Tighter The Curl Gets More Protection. The Bad Air Is Expelled When The Breath Is Exhaled. Not Only Do The Nostrils Serve This Important Purpose, But They Also Perform An Important Function With Warming The Air As You Inhale.

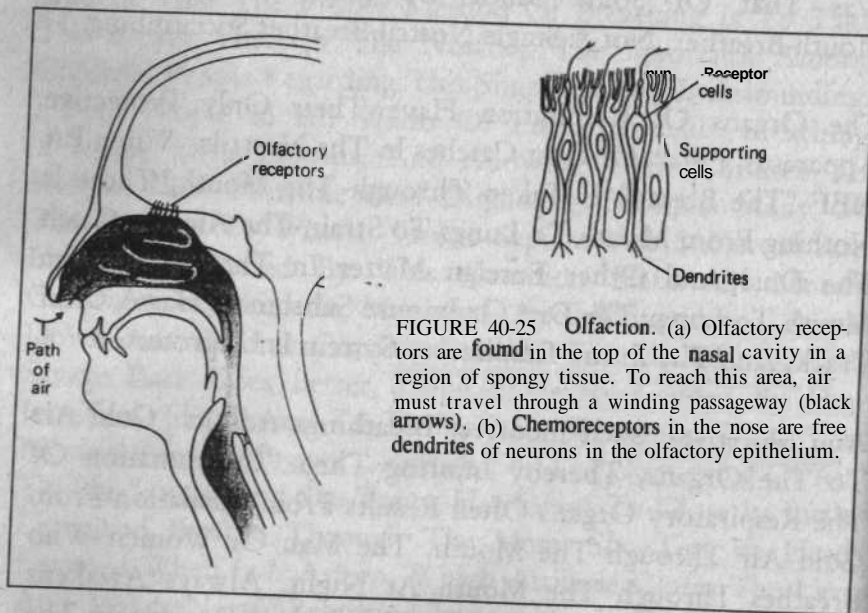


FIGURE 40-25 **Olfaction.** (a) Olfactory receptors are found in the top of the nasal cavity in a region of spongy tissue. To reach this area, air must travel through a winding passageway (black arrows). (b) Chemoreceptors in the nose are free dendrites of neurons in the olfactory epithelium.

The Olfactory Receptors Found In The Nasal Cavity

The Big Or Wide Yet Narrow Winding Nostrils Of The Race Of The Egyptians Are Filled With Warm Mucous Membrane, Which Coming In Contact With The Inhaled Air Warms It So That It Can Do No Damage To The Delicate Organs Of The Throat, Or To The Lungs. This Is Why The Negriod's Voice Is Like No Other Race. It Is Strong, Deep, Or Raspy Unlike The Higher Voice Of The Caucasoid Race.

No Animal, Except For Homo Sapiens, Sleeps With Their Mouth Open Or Breathes Through The Mouth, And In Fact It Is Reality That Only Nuwaupians Who So Perverts Nature's functions, Following The Savage And Barbarian Races Of Caucasians Who Invariably Breathe Incorrectly. It Is Probable That This Un-Natural Habit Among The Nuwaupians Has Been Acquired Through Unnatural Methods Of Living, In The Wrong Place, As A Result Of Slavery. They Try To Live And Be Like The Caucasoid, Accepting Their Master, The Devil's Way Of Life And Doing Things.

The Refining, Filtering And Straining Apparatus Of The Nostrils Renders The Air Fit To Reach The Delicate Organs Of The Throat And The Lungs. The Air Is Not Fit To Reach These Organs Until It Has Passed Through Nature's Refining Process Filtering Out The Impurities, Which Are Stopped And Retained By The Sieves And Mucous Membrane Of The Nostrils And Are Thrown Out Again By The Expelled Breath, In Exhalation. In Case They Have Accumulated Too Rapidly Or Have Managed To Escape Through The Sieves And Penetrated Forbidden Regions; Nature Protects Us By Producing A Sneeze Which Violently Ejects The Intruder; Yet, Stops The Heart For A Moment. Yes, You Die Each Time You Sneeze. To Stop Your Involuntary Sub-Conscious Mind From Recording These Impurities And Prepare The Body To Prepare Itself Without Good Reason.

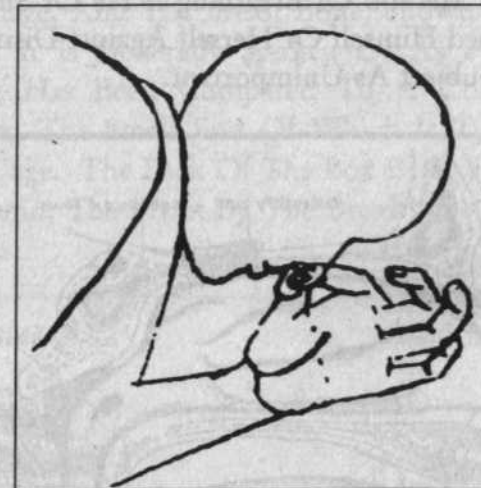
The Air, When It Enters The Lungs Is Different From The Outside Air, As Is Distilled Water Different From The Water Of The System. The Intricate Purifying Organization Of The Nostrils, Arresting And Holding The Impure Particles In The Air, Is As Important As The Action Of The Mouth In Stopping Olive Pitts And Fish Bones, Preventing Them From Being Carried On To The Stomach.

Homo Sapiens Should No More Breathe Through Their Mouth Then They Would Attempt To Take Food Through Their Nose. Another Feature Of Mouth Breathing Is That The Nasal Passages, Being Thus Comparatively Unused, Consequently Fail To Keep Themselves Clean And Clear. Therefore, They Become Clogged Up And Unclean, And Are Apt To Contract Local Diseases. Like Abandoned Roads That Soon Became Filled With Impurities And Foul Matter.

One Who Habitually Breathes Through The Nostrils Is Not Likely To Be Troubled With Clogged Or Stuffy Nostrils. However, For The Benefit Of Those Who Have Been More Or Less Addicted To The Unnatural Mouth-Breathing, And Who Wish To Acquire The Natural And Rational Methods, It May Perhaps Be Well To Add A Few Words Regarding The Way To Keep Your Nostrils Clean And Free From Impurities.

An Egyptian Method Is To Snuff A Little Water Up The Nostrils Allowing It To Run Down The Passage Into The Throat, From Thence It May Be Ejected Through The Mouth. Some Immerse The Face In A Bowl Of Water, And By A Sort Of Suction Draw In Quite A Quantity Of Water, But This Latter Method Requires Considerable Practice, And The First Mentioned Method Is Equally Efficacious And Much More]

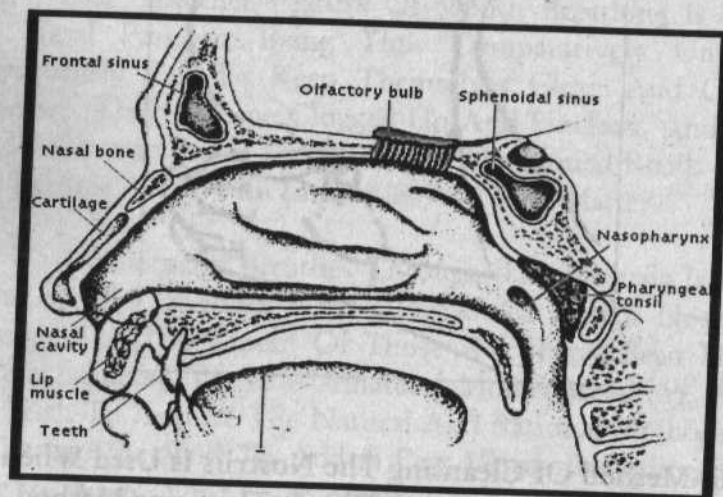
Easily Performed Only When You Know How It's Done. For Now, Just Put A Hand Full Of Warm Water Up The Nose And Blow It Out Gently. Another Good Plan Is To Open The Window And Breathe Freely, Closing One Nostril With The Finger Or Thumb Of The Opposite Hand, Sniffing Up The Air Through The Open Nostril. Then Repeat The Process On The Other Nostril. Repeat Nine Times, Changing Nostrils.



This Method Of Cleansing The Nostrils Is Used When A Nuwaupian Makes Nazum. This Is The Same Method The Egyptians Used To Clear Their Nostrils.

This Method Will Usually Clear The Nostrils Of Obstructions. In Case The Trouble Is Caused By Catarrh It Is Well To Apply A Little Vaseline Or Camphor Ice Or Similar Preparation. Or Sniff Up A Little Witch Hazel Extract Once In A While, And You Will Notice A Marked Improvement. A Little Care And Attention Will Result In The Nostrils Becoming Clean And Remaining So.

I Have Given Considerable Space To This Subject Of Nostril Breathing, Not Only Because Of Its Great Importance In Its Reference To Health, But Because Nostril-Breathing Is A Prerequisite To The Practice Of The Breathing Exercise To Be Given Later In This Scroll , And Because Nostril-Breathing Is One Of The Basic Principles Underlying The Science Of Breath. I Urge Upon The Devotee, The Necessity On Acquiring This Method Of Breathing If He Or She Has Not. Then Cautioned Himself Or Herself Against Dismissing This Phase Of The Subject As Unimportant.



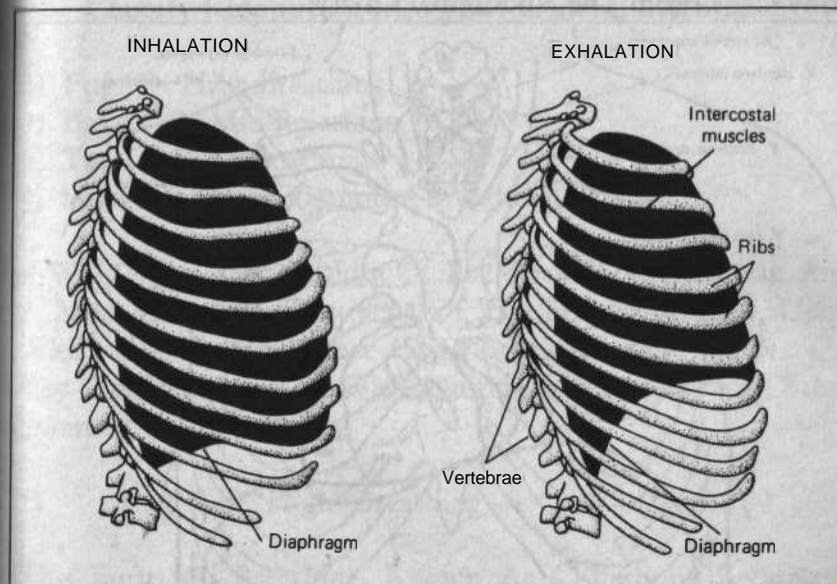
**Anatomy Of
The Human Nose**

CHAPTER 7

"The Four Methods Of Respiration"

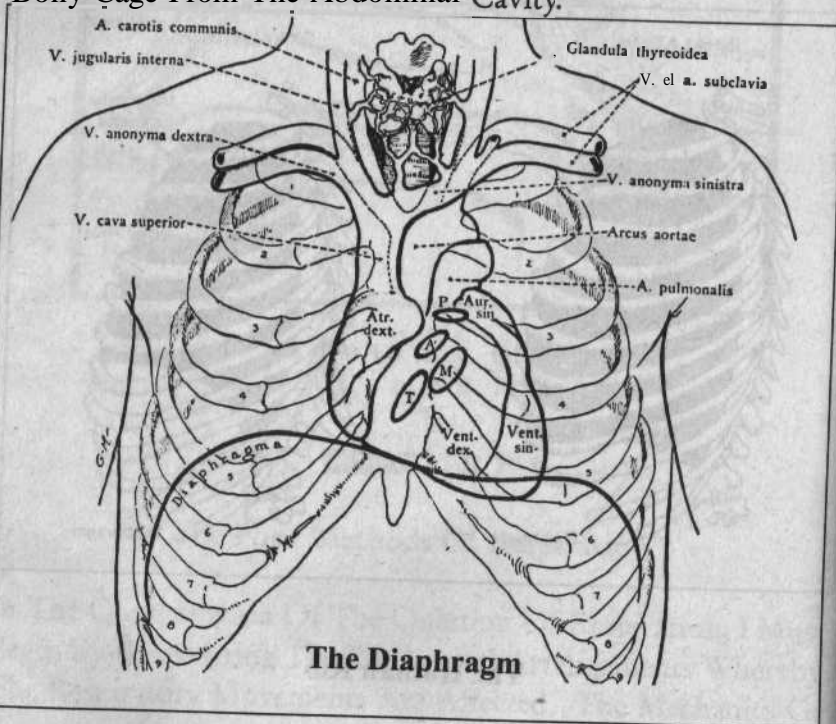
In The Consideration Of The Question Of Respiration, I Must Begin By Considering The Mechanical Arrangements Whereby The Respiratory Movements Are Affected. The Mechanics Of

Respiration Manifest Through The Elastic Movements Of The Lungs, And The Activities Of The Sides And Bottom (Of The Thoracic Cavity In Which The Lungs Are Contained. The Thorax Is That Portion Of The Trunk Between The Neck And The Abdomen, The Cavity Of Which (Known As The Thoracic Cavity) Is Occupied Mainly By The Lungs And Heart. It Is Bounded By The Spinal Column, The Ribs With Their Cartilage, And The Breast Bone, Shown Below By The Diaphragm. It Is Generally Spoken Of As Pa Sudur "The Chest." It Has Been Compared To A Completely Shut, Conical Box, The Small End Of Which Is Turned Upward, The Bony Cage. The Back Of The Box Being Formed By The Spinal Column, The Front By The Breastbone And The Sides By The Ribs.



The Human Rib

The Ribs Are Twenty-Four In Number, Twelve On Each Side, And Emerge From Each Side Of The Spinal Column. Your Bible And Quran Are Wrong, Men Don't Have One Less Rib Than The Women. This Is A Fiction Myth, An Untruth You Religious People Believe In Now. The Upper Seven Pairs Are Known As True Ribs," Being Fastened To The Breastbone Directly, While The Lower Five Pairs Are Called (False Ribs) Or "Floating Ribs", Because They Are Not So Fastened. The Upper Two Of Them Being Fastened To The Breastbone Directly While The Lower Five Having No Cartilages, Their Forward Ends Being Free. The Ribs Are Moved In Respiration By Two Superficial Muscular Layers, Known As The Intercostals Muscles. The Diaphragm, The Muscular Partition Before Alluded To, Separates The Chest Box Or Bony Cage From The Abdominal Cavity.



In The Act Of Inhalation The Muscles Expand The Lungs So That A Vacuum Is Created And The Air Rushes In, In Accordance With The Well Known Law Of Physics. Everything Depends Upon The Muscles Concerned In The Process Of Respiration, Which We May As, For Convenience, Term The "Respiratory Muscles."

Without The Aid Of These Muscles The Lungs Cannot Expand, And The Science Of Breath Largely Depends Upon The Proper Use And Control Of These Muscles. The Proper Control Of These Muscles Will Result In The Ability To •Attain The Maximum Degree Of Lung Expansion, And The Greatest Amount Of The Life Giving Properties Of The Air Into The System.

Classify Respiration Into Four General Methods:

- 1) Fug Or High Breathing.
- 2) Bayna Or Mid Breathing.
- 3) Tat Or Low Breathing.
- 4) Smai Or Union Complete Breathing.

I Will Give A General Idea Of The First Three Methods, And A More Extended Treatment Of The Fourth Method, Upon Which The Smai Science Of Breath Is Largely Based. The Key To Reunite You With Union Breath To Your Ether Parents.

1) Fug Nef "High" Breathing

This Form Of Breathing, Known As Collarbone Breathing. One Breathing In This Way Elevates The Ribs And Raises The Collarbone And Shoulders, At The Same Time Drawing In

The Abdomen And Pushing Its Content Up Against The Diaphragm, Which In Turn Is Raised.

The Upper Part Of The Chest And Lungs, Which Is The Smallest, Is Consequently Used, But A Minimum Amount Of Air Enters The Lungs. In Addition To This The Diaphragm] Being Raised, There Can Be No Expansion In That Direction. A Study Of The Anatomy Of The Chest Will Convince Any Student That In This Way A Maximum Amount Of Effort Is Used To Obtain A Minimum Amount Of] Benefit.

Fug Nef "High Breathing" Is Probably The Worst Form Of Breathing Known To Homo Sapiens And Requires The Greatest Expenditure Of Energy With The Smallest Amount Of Benefit. It Is An Energy Wasting, Poor Return Plan. It Is] Quite Common Among The Caucasian Races, Mainly Women Being Addicted To It, And Even Singers, Clergyman, Lawyers And Others, Who Should Know Better, Use It Ignorantly In Their Public Speech Or Performances.

Many Diseases Of The Vocal Organs And Organs Of Respiration May Be Directly Traced To This Barbarous Method Of Breathing, And The Straining Of Delicate Organs Caused By This Method, Often Results In The Harsh, Disagreeable High Pitch Voices Heard On All Sides. Many Persons Who Breathe In This Way Become Addicted To The Disgusting Practice Of "Mouth Breathing" Described In A Preceding Chapter.

If The Devotee Has Any Doubts About What Has Been Said Regarding This Form Of Breathing, Let Him/Her Try The Experiment Of Expelling All The Air From His Lungs, Then Standing With Hands At Sides, Let Him Or Her Raise The]

Shoulders And Collar-Bone And Inhale. He/She Will Find That The Amount Of Air Inhaled Far Below Normal. Then Let Him/Her Inhale A Full Breath, After Dropping The Shoulders And Collar-Bone, And He Or She Will Receive An Object Study In Breathing Which He/She Will Be Apt To Remember Much Longer Than He/She Would Any Words, Printed Or Spoken.

2) Bayna "Mid" Breathing

This Method Of Respiration Is Known To The Caucasian Race Called Pa Tuta Or Pa Tamahu As Rib Breathing, Or Inter-costals Breathing, And While Less Objectional Than High Breathing, Is Far Inferior To Either Low Breathing Or To The Smai Complete Union Breath. In Mid Breathing The Diaphragms Pushed Upward, And The Abdomen Drawn In. The Ribs Are Raised Somewhat, And The Chest Is Partially Expanded. It Is Quite Common In Homo Sapiens Who Have Made No Study Of The Subject. As There Are Two Better Methods Known, I Give It Only Passing Notice, And That Principally To Call Your Attention To Its Short Comings.

3) Tat "Low" Breathing

This Form Of Respiration Re-Spirat (Spirit) Is Far Better Than Either Of The Two Preceding Forms, And Of Recent Years Many Writers Have Extolled Its Merits, And Have Exploited It Under The Names "Abdominal Breathing," "Deep Breathing," "Diaphragmatic Breathing," Etc. Much Good Has Been Accomplished By The Attention Of The Public Having Been Directed To The Subject, And Many Having Been Included To Substitute It For The Inferior And Injurious Methods Above Alluded To. Many "Systems Of Breathing Have Been Built Around Tat "Low Breathing", And Devotees Have Paid High

Prices To Learn The New Systems; But, As I Have Said, Much Good Has Resulted, And After All The Students Who Paid High Prices To Learn Revamped Old Systems Undoubtedly Got Their Money's Worth If They Were Induced To Discard The Old Methods Of **Fug** "High Breathing" And Tat "Low Breathing".

Although Many Authorities Write And Speak Of This Method As The Best Known Form Of Breathing, The **Waal** (Egyptian High Priest) Know It To Be But A Part Of A System Which They Have Used For Centuries And Which They Know As **Smai** "The Complete Union Breath." It Must Be Admitted, However, That One Must Be Acquainted With The Principles Of Tat "Low Breathing" Before He Can Grasp The Idea Of **Smai** Complete Union Breathing.

Let Us Again Consider The Diaphragm. What Is It? We Have Seen That It Is The Great Partition Muscle, Which Separates The Chest And Its Contents From The Abdomen And Its Contents. When At Rest It Presents A Concave Surface To The Abdomen. That Is, The Diaphragm As Viewed From The Abdomen Would Seem Like The Sky As Viewed From The Earth-The Interior Of An Arched Surface. Consequently This Side Of The Diaphragm Toward The Chest Organs Is Like A Protruding Rounded Surface Like A Hill. When This Diaphragm Is Brought Into Use The Hill Formation Is Lowered And The Diaphragm Presses Upon The Abdominal Organs And Forces Out The Abdomen.

In Tat "Low Breathing", The Lungs Are Given Freer Play Than In The Methods Already Mentioned, And Consequently More Air Is Inhaled. This Fact Has Led The Majority Of Euro-American Writers To Speak And Write Of Tat "Low Breathing" (Which They Call Abdominal Breathing) As The

Highest And Best Method Known To Science. But The **Waal** "Egyptian High Priest" Has Long Known Of The Better Method, And Some Few Euro-American Writers Have Also Recognized This Fact. The Trouble With All Methods Of Breathing, Other Than **Smai** "Complete Union Breathing" Is That In None Of These Methods Do The Lungs Become Filled With Air At Best Only A Portion Of The Lung Space Is Filled, Even In Tat "Low Breathing". **Fug** "High Breathing" Fills Only The Upper Portions Of The Lungs. **Bayna** "Mid Breathing" Fills Only The Middle And A Portion Of The Upper Parts. Tat "Low Breathing" Fills Only The Lower And Middle Parts. It Is Evident That Any Method That Fills The Entire Lung Space Must Be Far Preferable To Those Filling Only Certain Parts. Any Method Which Will Fill The Entire Lung Space Must Be Of The Greatest Value To The Homo Sapiens In The Way Of Allowing Them To Absorb The Greatest Quantity Of Oxygen And To Store Away The Greatest Amount Of **Sekhem**. Pa **Smai** "The Complete Union Breath" Is Known To The **Waal** (Egyptian High Priest) To Be The Best Method Of Respiration Known To All Science World Wide.

"Pa Smai "The Smai Complete Union Breath"

Pa **Smai** "The Complete Union Breathing" Includes All The Good Points Of **Fug** "High" Breathing, **Bayna** "Mid" Breathing And Tat "Low" Breathing, With The Objectionable features Of Each Eliminated. It Brings Into Play The Entire Respiratory Apparatus, Every Part Of The Lungs, Every Air-Cell, Every Respiratory Muscle. The Entire Respiratory Organism Responds To This Method Of Breathing, And The Maximum Amount Of Benefit Is Derived From The Minimum Expenditure Of Energy. The Chest Cavity Is Increased To Its

Normal Limits In All Directions And Every Part Of The Machinery Performs Its Natural Work And Functions.

One Of The Most Important Features Of This Method Of Breathing Is The Fact That The Respiratory Muscles Are Fully Called Into Play, Whereas In The Other Forms Of Breathing Only A Portion Of The Muscles Are So Used. In Complete Union Breathing, Among Other Muscles, Those Controlling The Ribs Are Actively Used, Which Increases The Space In Which The Lungs May Expand. And Also Gives The Proper Support To The Organs When Needed, Nature Availing It's Of The Perfection Of The Principle Of The Leverage In This Process. Certain Muscles Hold The Lower Ribs Firmly In Position, While Other Muscles Bend Them Outward.

Then Again, In This Method, The Diaphragm Is Under Perfect Control And Is Able To Perform Its Functions Properly, And In Such Manner As To Yield The Maximum Degree Of Service. In The Rib-Action, Above Alluded To, The Lower Ribs Are Controlled By The Diaphragm Which Draws Them Slightly Downward, While Other Muscles Hold Them In Place And The Intercostals Muscles Force Them Outward, Which Combined Action Increases The Mid-Chest Cavity To Its Maximum. In Addition To This Muscular Action, The Upper Ribs Are Also Lifted And Forced Outward By The Intercostals Muscles Which Increase The Capacity Of The Upper Chest To Its Fullest Extent.

CHAPTER 8

"How To Acquire The Smai Complete Union Breath"

The Smai Complete Union Breath Is The Fundamental Breath Of The Entire Smai Science Of Breath Union, And The Student Must Fully Acquaint Himself With It, And Master It Perfectly Before He Can Hope To Obtain Results From The Other Forms Of Breath Mentioned And Given In This Scroll. He Should Not Be Content With Half Learning It, But Should Go To Work In Earnest Until It Becomes His Natural Method Of Breathing. This Will Require Work, Time And Practice, But Without These Things Nothing Is Ever Accomplished. There Is No Royal Road To The Science Of Breath, And The Devotee Must Be Prepared To Practice And Study In Earnest If He/She Expects To Receive Results. The Results Obtained By A Complete Mastery Of The Science Of Breath Are Great, And No One Who Has Attained Them Would Willingly Go Back To The Old Methods, And He/She Will Tell His/Her Friends That He/She Considers Himself/Herself Amply Repaid For All His/Her Work. I Say These Things Now, That You May Fully Overstand The Necessity And Importance Of Mastering This Fundamental Method Of Smai Breathing, Instead Of Passing It By And Trying Some Of The Attractive Looking Variations Given Later On In This Scroll. Again, I Say To You Neglect Your Foundations And Your Entire Building Will Topple Over Sooner Or Later.

Perhaps The Better Way To Teach You How To Develop The Smai Complete Union Breath, Would Be To Give You Simple Directions Regarding The Breath Itself, And Then Follow Up The Same With General Remarks Concerning It, And Then Later On Giving Exercises For Developing The Chest, Muscles And Lungs Which Have Been Allowed To Remain In An Undeveloped Condition By Imperfect Methods Of Breathing.

Right Here I Wish To Say That This Complete Union Breath Is Not A Forced Or Abnormal Thing, But On The Contrary

Is A Going Back To First Principles A Return To Nature Which Comes From The Egyptian Word Neteraat Meaning Gods. The Healthy Adult And The Healthy Infant Of Caucasians Both Breathe In This Manner, But Nuwaupians (𐎒𐎖𐎗𐎙𐎛𐎜𐎝𐎞𐎟𐎠𐎡𐎢𐎣𐎤𐎥𐎦𐎧𐎨𐎩𐎪𐎫𐎬𐎭𐎮𐎯𐎰𐎱𐎲𐎳𐎴𐎵𐎶𐎷𐎸𐎹𐎺𐎻𐎼𐎽𐎾𐎿𐏀𐏁𐏂𐏃𐏄𐏅𐏆𐏇𐏈𐏉𐏊𐏋𐏌𐏍𐏎𐏏𐏐𐏑𐏒𐏓𐏔𐏕𐏖𐏗𐏘𐏙𐏚𐏛𐏜𐏝𐏞𐏟𐏠𐏡𐏢𐏣𐏤𐏥𐏦𐏧𐏨𐏩𐏪𐏫𐏬𐏭𐏮𐏯𐏰𐏱𐏲𐏳𐏴𐏵𐏶𐏷𐏸𐏹𐏺𐏻𐏼𐏽𐏾𐏿𐐀𐐁𐐂𐐃𐐄𐐅𐐆𐐇𐐈𐐉𐐊𐐋𐐌𐐍𐐎𐐏𐐐𐐑𐐒𐐓𐐔𐐕𐐖𐐗𐐘𐐙𐐚𐐛𐐜𐐝𐐞𐐟𐐠𐐡𐐢𐐣𐐤𐐥𐐦𐐧𐐨𐐩𐐪𐐫𐐬𐐭𐐮𐐯𐐰𐐱𐐲𐐳𐐴𐐵𐐶𐐷𐐸𐐹𐐺𐐻𐐼𐐽𐐾𐐿𐑀𐑁𐑂𐑃𐑄𐑅𐑆𐑇𐑈𐑉𐑊𐑋𐑌𐑍𐑎𐑏𐑐𐑑𐑒𐑓𐑔𐑕𐑖𐑗𐑘𐑙𐑚𐑛𐑜𐑝𐑞𐑟𐑠𐑡𐑢𐑣𐑤𐑥𐑦𐑧𐑨𐑩𐑪𐑫𐑬𐑭𐑮𐑯𐑰𐑱𐑲𐑳𐑴𐑵𐑶𐑷𐑸𐑹𐑺𐑻𐑼𐑽𐑾𐑿𐒀𐒁𐒂𐒃𐒄𐒅𐒆𐒇𐒈𐒉𐒊𐒋𐒌𐒍𐒎𐒏𐒐𐒑𐒒𐒓𐒔𐒕𐒖𐒗𐒘𐒙𐒚𐒛𐒜𐒝𐒞𐒟𐒠𐒡𐒢𐒣𐒤𐒥𐒦𐒧𐒨𐒩𐒪𐒫𐒬𐒭𐒮𐒯𐒰𐒱𐒲𐒳𐒴𐒵𐒶𐒷𐒸𐒹𐒺𐒻𐒼𐒽𐒾𐒿𐓀𐓁𐓂𐓃𐓄𐓅𐓆𐓇𐓈𐓉𐓊𐓋𐓌𐓍𐓎𐓏𐓐𐓑𐓒𐓓𐓔𐓕𐓖𐓗𐓘𐓙𐓚𐓛𐓜𐓝𐓞𐓟𐓠𐓡𐓢𐓣𐓤𐓥𐓦𐓧𐓨𐓩𐓪𐓫𐓬𐓭𐓮𐓯𐓰𐓱𐓲𐓳𐓴𐓵𐓶𐓷𐓸𐓹𐓺𐓻𐓼𐓽𐓾𐓿𐔀𐔁𐔂𐔃𐔄𐔅𐔆𐔇𐔈𐔉𐔊𐔋𐔌𐔍𐔎𐔏𐔐𐔑𐔒𐔓𐔔𐔕𐔖𐔗𐔘𐔙𐔚𐔛𐔜𐔝𐔞𐔟𐔠𐔡𐔢𐔣𐔤𐔥𐔦𐔧𐔨𐔩𐔪𐔫𐔬𐔭𐔮𐔯𐔰𐔱𐔲𐔳𐔴𐔵𐔶𐔷𐔸𐔹𐔺𐔻𐔼𐔽𐔾𐔿𐕀𐕁𐕂𐕃𐕄𐕅𐕆𐕇𐕈𐕉𐕊𐕋𐕌𐕍𐕎𐕏𐕐𐕑𐕒𐕓𐕔𐕕𐕖𐕗𐕘𐕙𐕚𐕛𐕜𐕝𐕞𐕟𐕠𐕡𐕢𐕣𐕤𐕥𐕦𐕧𐕨𐕩𐕪𐕫𐕬𐕭𐕮𐕯𐕰𐕱𐕲𐕳𐕴𐕵𐕶𐕷𐕸𐕹𐕺𐕻𐕼𐕽𐕾𐕿𐖀𐖁𐖂𐖃𐖄𐖅𐖆𐖇𐖈𐖉𐖊𐖋𐖌𐖍𐖎𐖏𐖐𐖑𐖒𐖓𐖔𐖕𐖖𐖗𐖘𐖙𐖚𐖛𐖜𐖝𐖞𐖟𐖠𐖡𐖢𐖣𐖤𐖥𐖦𐖧𐖨𐖩𐖪𐖫𐖬𐖭𐖮𐖯𐖰𐖱𐖲𐖳𐖴𐖵𐖶𐖷𐖸𐖹𐖺𐖻𐖼𐖽𐖾𐖿𐗀𐗁𐗂𐗃𐗄𐗅𐗆𐗇𐗈𐗉𐗊𐗋𐗌𐗍𐗎𐗏𐗐𐗑𐗒𐗓𐗔𐗕𐗖𐗗𐗘𐗙𐗚𐗛𐗜𐗝𐗞𐗟𐗠𐗡𐗢𐗣𐗤𐗥𐗦𐗧𐗨𐗩𐗪𐗫𐗬𐗭𐗮𐗯𐗰𐗱𐗲𐗳𐗴𐗵𐗶𐗷𐗸𐗹𐗺𐗻𐗼𐗽𐗾𐗿𐘀𐘁𐘂𐘃𐘄𐘅𐘆𐘇𐘈𐘉𐘊𐘋𐘌𐘍𐘎𐘏𐘐𐘑𐘒𐘓𐘔𐘕𐘖𐘗𐘘𐘙𐘚𐘛𐘜𐘝𐘞𐘟𐘠𐘡𐘢𐘣𐘤𐘥𐘦𐘧𐘨𐘩𐘪𐘫𐘬𐘭𐘮𐘯𐘰𐘱𐘲𐘳𐘴𐘵𐘶𐘷𐘸𐘹𐘺𐘻𐘼𐘽𐘾𐘿𐙀𐙁𐙂𐙃𐙄𐙅𐙆𐙇𐙈𐙉𐙊𐙋𐙌𐙍𐙎𐙏𐙐𐙑𐙒𐙓𐙔𐙕𐙖𐙗𐙘𐙙𐙚𐙛𐙜𐙝𐙞𐙟𐙠𐙡𐙢𐙣𐙤𐙥𐙦𐙧𐙨𐙩𐙪𐙫𐙬𐙭𐙮𐙯𐙰𐙱𐙲𐙳𐙴𐙵𐙶𐙷𐙸𐙹𐙺𐙻𐙼𐙽𐙾𐙿𐚀𐚁𐚂𐚃𐚄𐚅𐚆𐚇𐚈𐚉𐚊𐚋𐚌𐚍𐚎𐚏𐚐𐚑𐚒𐚓𐚔𐚕𐚖𐚗𐚘𐚙𐚚𐚛𐚜𐚝𐚞𐚟𐚠𐚡𐚢𐚣𐚤𐚥𐚦𐚧𐚨𐚩𐚪𐚫𐚬𐚭𐚮𐚯𐚰𐚱𐚲𐚳𐚴𐚵𐚶𐚷𐚸𐚹𐚺𐚻𐚼𐚽𐚾𐚿𐛀𐛁𐛂𐛃𐛄𐛅𐛆𐛇𐛈𐛉𐛊𐛋𐛌𐛍𐛎𐛏𐛐𐛑𐛒𐛓𐛔𐛕𐛖𐛗𐛘𐛙𐛚𐛛𐛜𐛝𐛞𐛟𐛠𐛡𐛢𐛣𐛤𐛥𐛦𐛧𐛨𐛩𐛪𐛫𐛬𐛭𐛮𐛯𐛰𐛱𐛲𐛳𐛴𐛵𐛶𐛷𐛸𐛹𐛺𐛻𐛼𐛽𐛾𐛿𐜀𐜁𐜂𐜃𐜄𐜅𐜆𐜇𐜈𐜉𐜊𐜋𐜌𐜍𐜎𐜏𐜐𐜑𐜒𐜓𐜔𐜕𐜖𐜗𐜘𐜙𐜚𐜛𐜜𐜝𐜞𐜟𐜠𐜡𐜢𐜣𐜤𐜥𐜦𐜧𐜨𐜩𐜪𐜫𐜬𐜭𐜮𐜯𐜰𐜱𐜲𐜳𐜴𐜵𐜶𐜷𐜸𐜹𐜺𐜻𐜼𐜽𐜾𐜿𐝀𐝁𐝂𐝃𐝄𐝅𐝆𐝇𐝈𐝉𐝊𐝋𐝌𐝍𐝎𐝏𐝐𐝑𐝒𐝓𐝔𐝕𐝖𐝗𐝘𐝙𐝚𐝛𐝜𐝝𐝞𐝟𐝠𐝡𐝢𐝣𐝤𐝥𐝦𐝧𐝨𐝩𐝪𐝫𐝬𐝭𐝮𐝯𐝰𐝱𐝲𐝳𐝴𐝵𐝶𐝷𐝸𐝹𐝺𐝻𐝼𐝽𐝾𐝿𐞀𐞁𐞂𐞃𐞄𐞅𐞆𐞇𐞈𐞉𐞊𐞋𐞌𐞍𐞎𐞏𐞐𐞑𐞒𐞓𐞔𐞕𐞖𐞗𐞘𐞙𐞚𐞛𐞜𐞝𐞞𐞟𐞠𐞡𐞢𐞣𐞤𐞥𐞦𐞧𐞨𐞩𐞪𐞫𐞬𐞭𐞮𐞯𐞰𐞱𐞲𐞳𐞴𐞵𐞶𐞷𐞸𐞹𐞺𐞻𐞼𐞽𐞾𐞿𐟀𐟁𐟂𐟃𐟄𐟅𐟆𐟇𐟈𐟉𐟊𐟋𐟌𐟍𐟎𐟏𐟐𐟑𐟒𐟓𐟔𐟕𐟖𐟗𐟘𐟙𐟚𐟛𐟜𐟝𐟞𐟟𐟠𐟡𐟢𐟣𐟤𐟥𐟦𐟧𐟨𐟩𐟪𐟫𐟬𐟭𐟮𐟯𐟰𐟱𐟲𐟳𐟴𐟵𐟶𐟷𐟸𐟹𐟺𐟻𐟼𐟽𐟾𐟿𐠀𐠁𐠂𐠃𐠄𐠅𐠆𐠇𐠈𐠉𐠊𐠋𐠌𐠍𐠎𐠏𐠐𐠑𐠒𐠓𐠔𐠕𐠖𐠗𐠘𐠙𐠚𐠛𐠜𐠝𐠞𐠟𐠠𐠡𐠢𐠣𐠤𐠥𐠦𐠧𐠨𐠩𐠪𐠫𐠬𐠭𐠮𐠯𐠰𐠱𐠲𐠳𐠴𐠵𐠶𐠷𐠸𐠹𐠺𐠻𐠼𐠽𐠾𐠿𐡀𐡁𐡂𐡃𐡄𐡅𐡆𐡇𐡈𐡉𐡊𐡋𐡌𐡍𐡎𐡏𐡐𐡑𐡒𐡓𐡔𐡕𐡖𐡗𐡘𐡙𐡚𐡛𐡜𐡝𐡞𐡟𐡠𐡡𐡢𐡣𐡤𐡥𐡦𐡧𐡨𐡩𐡪𐡫𐡬𐡭𐡮𐡯𐡰𐡱𐡲𐡳𐡴𐡵𐡶𐡷𐡸𐡹𐡺𐡻𐡼𐡽𐡾𐡿𐢀𐢁𐢂𐢃𐢄𐢅𐢆𐢇𐢈𐢉𐢊𐢋𐢌𐢍𐢎𐢏𐢐𐢑𐢒𐢓𐢔𐢕𐢖𐢗𐢘𐢙𐢚𐢛𐢜𐢝𐢞𐢟𐢠𐢡𐢢𐢣𐢤𐢥𐢦𐢧𐢨𐢩𐢪𐢫𐢬𐢭𐢮𐢯𐢰𐢱𐢲𐢳𐢴𐢵𐢶𐢷𐢸𐢹𐢺𐢻𐢼𐢽𐢾𐢿𐣀𐣁𐣂𐣃𐣄𐣅𐣆𐣇𐣈𐣉𐣊𐣋𐣌𐣍𐣎𐣏𐣐𐣑𐣒𐣓𐣔𐣕𐣖𐣗𐣘𐣙𐣚𐣛𐣜𐣝𐣞𐣟𐣠𐣡𐣢𐣣𐣤𐣥𐣦𐣧𐣨𐣩𐣪𐣫𐣬𐣭𐣮𐣯𐣰𐣱𐣲𐣳𐣴𐣵𐣶𐣷𐣸𐣹𐣺𐣻𐣼𐣽𐣾𐣿𐤀𐤁𐤂𐤃𐤄𐤅𐤆𐤇𐤈𐤉𐤊𐤋𐤌𐤍𐤎𐤏𐤐𐤑𐤒𐤓𐤔𐤕𐤖𐤗𐤘𐤙𐤚𐤛𐤜𐤝𐤞𐤟𐤠𐤡𐤢𐤣𐤤𐤥𐤦𐤧𐤨𐤩𐤪𐤫𐤬𐤭𐤮𐤯𐤰𐤱𐤲𐤳𐤴𐤵𐤶𐤷𐤸𐤹𐤺𐤻𐤼𐤽𐤾𐤿𐥀𐥁𐥂𐥃𐥄𐥅𐥆𐥇𐥈𐥉𐥊𐥋𐥌𐥍𐥎𐥏𐥐𐥑𐥒𐥓𐥔𐥕𐥖𐥗𐥘𐥙𐥚𐥛𐥜𐥝𐥞𐥟𐥠𐥡𐥢𐥣𐥤𐥥𐥦𐥧𐥨𐥩𐥪𐥫𐥬𐥭𐥮𐥯𐥰𐥱𐥲𐥳𐥴𐥵𐥶𐥷𐥸𐥹𐥺𐥻𐥼𐥽𐥾𐥿𐦀𐦁𐦂𐦃𐦄𐦅𐦆𐦇𐦈𐦉𐦊𐦋𐦌𐦍𐦎𐦏𐦐𐦑𐦒𐦓𐦔𐦕𐦖𐦗𐦘𐦙𐦚𐦛𐦜𐦝𐦞𐦟𐦠𐦡𐦢𐦣𐦤𐦥𐦦𐦧𐦨𐦩𐦪𐦫𐦬𐦭𐦮𐦯𐦰𐦱𐦲𐦳𐦴𐦵𐦶𐦷𐦸𐦹𐦺𐦻𐦼𐦽𐦾𐦿𐧀𐧁𐧂𐧃𐧄𐧅𐧆𐧇𐧈𐧉𐧊𐧋𐧌𐧍𐧎𐧏𐧐𐧑𐧒𐧓𐧔𐧕𐧖𐧗𐧘𐧙𐧚𐧛𐧜𐧝𐧞𐧟𐧠𐧡𐧢𐧣𐧤𐧥𐧦𐧧𐧨𐧩𐧪𐧫𐧬𐧭𐧮𐧯𐧰𐧱𐧲𐧳𐧴𐧵𐧶𐧷𐧸𐧹𐧺𐧻𐧼𐧽𐧾𐧿𐨀𐨁𐨂𐨃𐨄𐨅𐨆𐨇𐨈𐨉𐨊𐨋𐨌𐨍𐨎𐨏𐨐𐨑𐨒𐨓𐨔𐨕𐨖𐨗𐨘𐨙𐨚𐨛𐨜𐨝𐨞𐨟𐨠𐨡𐨢𐨣𐨤𐨥𐨦𐨧𐨨𐨩𐨪𐨫𐨬𐨭𐨮𐨯𐨰𐨱𐨲𐨳𐨴𐨵𐨶𐨷𐨹𐨺𐨸𐨻𐨼𐨽𐨾𐨿𐩀𐩁𐩂𐩃𐩄𐩅𐩆𐩇𐩈𐩉𐩊𐩋𐩌𐩍𐩎𐩏𐩐𐩑𐩒𐩓𐩔𐩕𐩖𐩗𐩘𐩙𐩚𐩛𐩜𐩝𐩞𐩟𐩠𐩡𐩢𐩣𐩤𐩥𐩦𐩧𐩨𐩩𐩪𐩫𐩬𐩭𐩮𐩯𐩰𐩱𐩲𐩳𐩴𐩵𐩶𐩷𐩸𐩹𐩺𐩻𐩼𐩽𐩾𐩿𐪀𐪁𐪂𐪃𐪄𐪅𐪆𐪇𐪈𐪉𐪊𐪋𐪌𐪍𐪎𐪏𐪐𐪑𐪒𐪓𐪔𐪕𐪖𐪗𐪘𐪙𐪚𐪛𐪜𐪝𐪞𐪟𐪠𐪡𐪢𐪣𐪤𐪥𐪦𐪧𐪨𐪩𐪪𐪫𐪬𐪭𐪮𐪯𐪰𐪱𐪲𐪳𐪴𐪵𐪶𐪷𐪸𐪹𐪺𐪻𐪼𐪽𐪾𐪿𐫀𐫁𐫂𐫃𐫄𐫅𐫆𐫇𐫈𐫉𐫊𐫋𐫌𐫍𐫎𐫏𐫐𐫑𐫒𐫓𐫔𐫕𐫖𐫗𐫘𐫙𐫚𐫛𐫜𐫝𐫞𐫟𐫠𐫡𐫢𐫣𐫤𐫦𐫥𐫧𐫨𐫩𐫪𐫫𐫬𐫭𐫮𐫯𐫰𐫱𐫲𐫳𐫴𐫵𐫶𐫷𐫸𐫹𐫺𐫻𐫼𐫽𐫾𐫿𐬀𐬁𐬂𐬃𐬄𐬅𐬆𐬇𐬈𐬉𐬊𐬋𐬌𐬍𐬎𐬏𐬐𐬑𐬒𐬓𐬔𐬕𐬖𐬗𐬘𐬙𐬚𐬛𐬜𐬝𐬞𐬟𐬠𐬡𐬢𐬣𐬤𐬥𐬦𐬧𐬨𐬩𐬪𐬫𐬬𐬭𐬮𐬯𐬰𐬱𐬲𐬳𐬴𐬵𐬶𐬷𐬸𐬹𐬺𐬻𐬼𐬽𐬾𐬿𐭀𐭁𐭂𐭃𐭄𐭅𐭆𐭇𐭈𐭉𐭊𐭋𐭌𐭍𐭎𐭏𐭐𐭑𐭒𐭓𐭔𐭕𐭖𐭗𐭘𐭙𐭚𐭛𐭜𐭝𐭞𐭟𐭠𐭡𐭢𐭣𐭤𐭥𐭦𐭧𐭨𐭩𐭪𐭫𐭬𐭭𐭮𐭯𐭰𐭱𐭲𐭳𐭴𐭵𐭶𐭷𐭸𐭹𐭺𐭻𐭼𐭽𐭾𐭿𐮀𐮁𐮂𐮃𐮄𐮅𐮆𐮇𐮈𐮉𐮊𐮋𐮌𐮍𐮎𐮏𐮐𐮑𐮒𐮓𐮔𐮕𐮖𐮗𐮘𐮙𐮚𐮛𐮜𐮝𐮞𐮟𐮠𐮡𐮢𐮣𐮤𐮥𐮦𐮧𐮨𐮩𐮪𐮫𐮬𐮭𐮮𐮯𐮰𐮱𐮲𐮳𐮴𐮵𐮶𐮷𐮸𐮹𐮺𐮻𐮼𐮽𐮾𐮿𐯀𐯁𐯂𐯃𐯄𐯅𐯆𐯇𐯈𐯉𐯊𐯋𐯌𐯍𐯎𐯏𐯐𐯑𐯒𐯓𐯔𐯕𐯖𐯗𐯘𐯙𐯚𐯛𐯜𐯝𐯞𐯟𐯠𐯡𐯢𐯣𐯤𐯥𐯦𐯧𐯨𐯩𐯪𐯫𐯬𐯭𐯮𐯯𐯰𐯱𐯲𐯳𐯴𐯵𐯶𐯷𐯸𐯹𐯺𐯻𐯼𐯽𐯾𐯿𐰀𐰁𐰂𐰃𐰄𐰅𐰆𐰇𐰈𐰉𐰊𐰋𐰌𐰍𐰎𐰏𐰐𐰑𐰒𐰓𐰔𐰕𐰖𐰗𐰘𐰙𐰚𐰛𐰜𐰝𐰞𐰟𐰠𐰡𐰢𐰣𐰤𐰥𐰦𐰧𐰨𐰩𐰪𐰫𐰬𐰭𐰮𐰯𐰰𐰱𐰲𐰳𐰴𐰵𐰶𐰷𐰸𐰹𐰺𐰻𐰼𐰽𐰾𐰿𐱀𐱁𐱂𐱃𐱄𐱅𐱆𐱇𐱈𐱉𐱊𐱋𐱌𐱍𐱎𐱏𐱐𐱑𐱒𐱓𐱔𐱕𐱖𐱗𐱘𐱙𐱚𐱛𐱜𐱝𐱞𐱟𐱠𐱡𐱢𐱣𐱤𐱥𐱦𐱧𐱨𐱩𐱪𐱫𐱬𐱭𐱮𐱯𐱰𐱱𐱲𐱳𐱴𐱵𐱶𐱷𐱸𐱹𐱺𐱻𐱼𐱽𐱾𐱿𐲀𐲁𐲂𐲃𐲄𐲅𐲆𐲇𐲈𐲉𐲊𐲋𐲌𐲍𐲎𐲏𐲐𐲑𐲒𐲓𐲔𐲕𐲖𐲗𐲘𐲙𐲚𐲛𐲜𐲝𐲞𐲟𐲠𐲡𐲢𐲣𐲤𐲥𐲦𐲧𐲨𐲩𐲪𐲫𐲬𐲭𐲮𐲯𐲰𐲱𐲲𐲳𐲴𐲵𐲶𐲷𐲸𐲹𐲺𐲻𐲼𐲽𐲾𐲿𐳀𐳁𐳂𐳃𐳄𐳅𐳆𐳇𐳈𐳉𐳊𐳋𐳌𐳍𐳎𐳏𐳐𐳑𐳒𐳓𐳔𐳕𐳖𐳗𐳘𐳙𐳚𐳛𐳜𐳝𐳞𐳟𐳠𐳡𐳢𐳣𐳤𐳥𐳦𐳧𐳨𐳩𐳪𐳫𐳬𐳭𐳮𐳯𐳰𐳱𐳲𐳳𐳴𐳵𐳶𐳷𐳸𐳹𐳺𐳻𐳼𐳽𐳾𐳿𐴀𐴁𐴂𐴃𐴄𐴅𐴆𐴇𐴈𐴉𐴊𐴋𐴌𐴍𐴎𐴏𐴐𐴑𐴒𐴓𐴔𐴕𐴖𐴗𐴘𐴙𐴚𐴛𐴜𐴝𐴞𐴟𐴠𐴡𐴢𐴣𐴤𐴥𐴦𐴧𐴨𐴩𐴪𐴫𐴬𐴭𐴮𐴯𐴰𐴱𐴲𐴳𐴴𐴵𐴶𐴷𐴸𐴹𐴺𐴻𐴼𐴽𐴾𐴿𐵀𐵁𐵂𐵃𐵄𐵅𐵆𐵇𐵈𐵉𐵊𐵋𐵌𐵍𐵎𐵏𐵐𐵑𐵒𐵓𐵔𐵕𐵖𐵗𐵘𐵙𐵚𐵛𐵜𐵝𐵞𐵟𐵠𐵡𐵢𐵣𐵤𐵥𐵦𐵧𐵨𐵩𐵪𐵫𐵬𐵭𐵮𐵯𐵰𐵱𐵲𐵳𐵴𐵵𐵶𐵷𐵸𐵹𐵺𐵻𐵼𐵽𐵾𐵿𐶀𐶁𐶂𐶃𐶄𐶅𐶆𐶇𐶈𐶉𐶊𐶋𐶌𐶍𐶎𐶏𐶐𐶑𐶒𐶓𐶔𐶕𐶖𐶗𐶘𐶙𐶚𐶛𐶜𐶝𐶞𐶟𐶠𐶡𐶢𐶣𐶤𐶥𐶦𐶧𐶨𐶩𐶪𐶫𐶬𐶭𐶮𐶯𐶰𐶱𐶲𐶳𐶴𐶵𐶶𐶷𐶸𐶹𐶺𐶻𐶼𐶽𐶾𐶿𐷀𐷁𐷂𐷃𐷄𐷅𐷆𐷇𐷈𐷉𐷊𐷋𐷌𐷍𐷎𐷏𐷐𐷑𐷒𐷓𐷔𐷕𐷖𐷗𐷘𐷙𐷚𐷛𐷜𐷝𐷞𐷟𐷠𐷡𐷢𐷣𐷤𐷥𐷦𐷧𐷨𐷩𐷪𐷫𐷬𐷭𐷮𐷯𐷰𐷱𐷲𐷳𐷴𐷵𐷶𐷷𐷸𐷹𐷺𐷻𐷼𐷽𐷾𐷿𐸀𐸁𐸂𐸃𐸄𐸅𐸆𐸇𐸈𐸉𐸊𐸋𐸌𐸍𐸎𐸏𐸐𐸑𐸒𐸓𐸔𐸕𐸖𐸗𐸘𐸙𐸚𐸛𐸜𐸝𐸞𐸟𐸠𐸡𐸢𐸣𐸤𐸥𐸦𐸧𐸨𐸩𐸪𐸫𐸬𐸭𐸮𐸯𐸰𐸱𐸲𐸳𐸴𐸵𐸶𐸷𐸸𐸹𐸺𐸻𐸼𐸽𐸾𐸿𐹀𐹁𐹂𐹃𐹄𐹅𐹆𐹇𐹈𐹉𐹊𐹋𐹌𐹍𐹎𐹏𐹐𐹑𐹒𐹓𐹔𐹕𐹖𐹗𐹘𐹙𐹚𐹛𐹜𐹝𐹞𐹟𐹠𐹡𐹢𐹣𐹤𐹥𐹦𐹧𐹨𐹩𐹪𐹫𐹬𐹭𐹮𐹯𐹰𐹱𐹲𐹳𐹴𐹵𐹶𐹷𐹸𐹹𐹺𐹻𐹼𐹽𐹾𐹿𐺀𐺁𐺂𐺃𐺄𐺅𐺆𐺇𐺈𐺉𐺊𐺋𐺌𐺍𐺎𐺏𐺐𐺑𐺒𐺓𐺔𐺕𐺖𐺗𐺘𐺙𐺚𐺛𐺜𐺝𐺞𐺟𐺠𐺡𐺢𐺣𐺤𐺥𐺦𐺧𐺨𐺩𐺪𐺫𐺬𐺭𐺮𐺯𐺰𐺱𐺲𐺳𐺴𐺵𐺶𐺷𐺸𐺹𐺺𐺻𐺼𐺽𐺾𐺿𐻀𐻁𐻂𐻃𐻄𐻅𐻆𐻇𐻈𐻉𐻊𐻋𐻌𐻍𐻎𐻏𐻐𐻑𐻒𐻓𐻔𐻕𐻖𐻗𐻘𐻙𐻚𐻛𐻜𐻝𐻞𐻟𐻠𐻡𐻢𐻣𐻤𐻥𐻦𐻧𐻨𐻩𐻪𐻫𐻬𐻭𐻮𐻯𐻰𐻱𐻲𐻳𐻴𐻵𐻶𐻷𐻸𐻹𐻺𐻻𐻼𐻽𐻾𐻿𐼀𐼁𐼂𐼃𐼄𐼅𐼆𐼇𐼈𐼉𐼊𐼋𐼌𐼍𐼎𐼏𐼐𐼑𐼒𐼓𐼔𐼕𐼖𐼗𐼘𐼙𐼚𐼛𐼜𐼝𐼞𐼟𐼠𐼡𐼢𐼣𐼤𐼥𐼦𐼧𐼨𐼩𐼪𐼫𐼬𐼭𐼮𐼯𐼰𐼱𐼲𐼳𐼴𐼵𐼶𐼷𐼸𐼹𐼺𐼻𐼼𐼽𐼾𐼿𐽀𐽁𐽂𐽃𐽄𐽅𐽆𐽇𐽋𐽍𐽎𐽏𐽐𐽈𐽉𐽊𐽌𐽑𐽒𐽓𐽔𐽕𐽖𐽗𐽘𐽙𐽚𐽛𐽜𐽝𐽞𐽟𐽠𐽡𐽢𐽣𐽤𐽥𐽦𐽧𐽨𐽩𐽪𐽫𐽬𐽭𐽮𐽯𐽰𐽱𐽲𐽳𐽴𐽵𐽶𐽷𐽸𐽹𐽺𐽻𐽼𐽽𐽾𐽿𐾀𐾁𐾃𐾅𐾂𐾄𐾆𐾇𐾈𐾉𐾊𐾋𐾌𐾍𐾎𐾏𐾐𐾑𐾒

Hands Lightly Over The Abdomen Spot That You May Feel The Movements. At The End Of The Inhalation, It Is Well To Occasionally Slightly Elevate The Shoulders, Thus Raising The Collarbone And Allowing The Air To Pass Freely Into The Smaller Upper Lobe Of The Right Lung, Which Place Is Sometimes The Breeding Place Of Tuberculosis. At The Beginning Of Practice, You May Have More Or Less Trouble In Acquiring The Complete Breath, But A Little Practice Will Make Perfect, And When You Have Once Acquired It You Will Never Willingly Return To-The -Old Methods.

CHAPTER 9

"The Physiological Effect Of Pa Smai "The Complete Union Breath"

Scarcely Too Much Can Be Said Of The Advantages Attending The Practice Of The Complete Union Breath. And Yet The Student Who Has Carefully Read The Foregoing Pages Should Scarcely Need To Have Pointed Out To Him Such Advantages. The Practice Of The Complete Union Breath Will Make Any Man Or Woman Immune To Consumption And Other Pulmonary Troubles, And Will Do Away With All Liable As Well As Bronchial And Similar Weaknesses. Consumption Is Due Principally To Lowered Vitality Attributable To An Insufficient Amount Of Air Being Inhaled. The Impairment Of Vitality Renders The System Open To Attacks From Disease Germs. Imperfect Breathing Allows A Considerable Pan Of The Lungs To Remain Inactive, And Such Portions Offer An Inviting Field For Bacilli, Which Invading The Weakened Tissue Soon Produce Havoc Good Healthy Lung Tissue Will Resist The Germs, And The Only Way To Have Good Healthy Lung Tissue Is To Use The Lungs Properly.

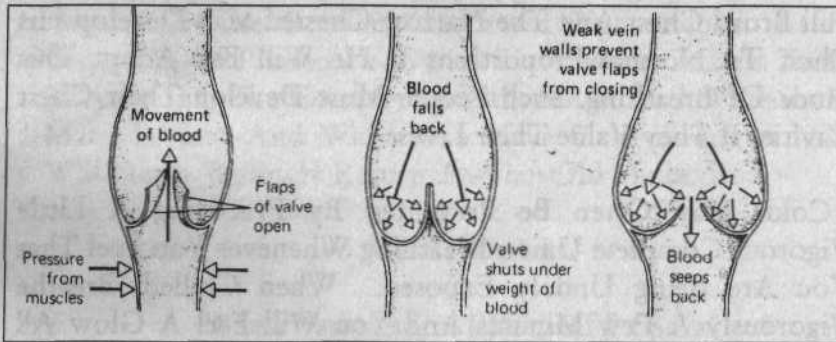
Consumptives Are Nearly All Narrow-Chested, What Does This Mean? Simply That These People Were Addicted To Improper Habits Of Breathing, And Consequently Their Chests Failed To Develop And Expand. The Man Who Practices Pa Smai The Complete Union Breath Will Have A Full Broad Chest And The Narrow-Chested Man Develop His Chest To Normal Proportions If He Will But Adopt This Mode Of Breathing. Such People Must Develop Their Chest Cavities If They Value Their Lives.

Colds May Often Be Prevented By Practicing A Little Vigorous Complete Union Breathing Whenever You Feel That You Are Being Unduly Exposed. When Chilled, Breathe Vigorously A Few Minutes And You Will Feel A Glow All Over Your Body. Most Colds Can Be Cured By Complete Union Breathing And Partial Fasting For A Day.

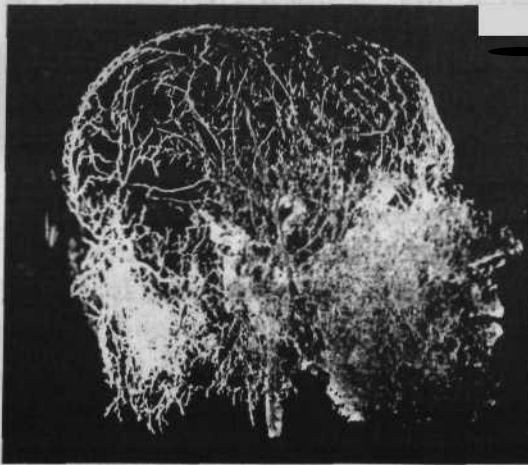
The Quality Of The Blood Depends Largely Upon Its Proper Oxygenation In The Lungs, And If It Is Under Oxygenated It Becomes Poor In Qua And Laden With All Sorts Of Impurities, And The System Suffers From Lack Of Nourishment, And Often Becomes Actually Poisoned By The Waste Products Remaining In The Blood. As The Entire Body, Every Organ And Every Part, Is Dependent Upon The Blood For Nourishment, Impure Blood Must Have A Serious Effect Upon The Entire System. The Remedy Is Smai Complete Union Breath.

The Stomach And Other Organs Of Nutrition Suffer Much From Improper Breathing. Not Only Are They Ill Nourished By Reason Of The Lack Of Oxygen, But As The Food Must Absorb Oxygen From The Blood And Become Oxygenated Before It Can Be Digested And Assimilated, It Is Readily Seen How Digestion And Assimilation Is Impaired By Incorrect

Breathing. And When Assimilation Is Not Normal, The System Receives Less And Less Nourishment, The Appetite Fails, Bodily Vigor Decreases, And Energy Diminishes. The Man With Others Declines All From The Lack Of Proper Breathing.



The Flow Of Blood Passing Through The Veins Of The Heart



The Flow Of Blood Going Throughout The Brain

Even The Nervous System Suffers From Improper Breathing, Inasmuch As The Brain, And The Nerves Themselves, When Improperly Nourished By Means Of The Blood, Become Poor And Inefficient Instruments For Generating, Storing And Transmitting The Nerve Currents. When

Improperly Nourished By Means Of The Blood, It Can Not Become Absorbed Through The Lungs. There Is Another Aspect Of The Case Whereby The Nerve Currents Themselves, Or Rather The Force From Which The Nerve Currents Spring, Becomes Lessened From Want Of Proper Breathing, But This Belongs To Another Phase Of The Subject Which Is Treated Of In Other Chapters Of This Scroll. My Purpose Here Is To Direct Your Attention To The Fact That The Mechanism Of The Nervous System Is Rendered Inefficient As An Instrument For Nerve Force, As The Indirect Result Of A Lack Of Proper Breathing. The Effect Of The Reproductive Organs Upon The General Health Is Too Well Known To Be Discussed At Length Here, But I May Be Permitted To Say That When The Reproductive Organs In A Weakened Condition Tire, The System Feels The Reflex Action And Suffers Sympathetically.



Female Reproductive Organs



Male Reproductive Organs

The Complete Union Breath Produces A Rhythm Which Is Nature's Own Plan For Keeping This Important Part Of The System In Normal Condition. From The First, It Will Be Noticed That The Productive Functions Are Strengthened And Vitalized, Thus, By Sympathetic Reflex Action, Giving Tone To The Whole System. By This, I Do Not Mean That The Lower Sex Impulses Will Be Aroused; Far From It. The Waab (☸☶☷☵) "Egyptian High Priest" Are Advocates Of Continence And Chastity, And Have Learned To Control The Animal Passions. But Sexual Control Does Not Mean Sexual Weakness, And The Smai (Science Of Union Breath) Teachings Are That The Man Or Woman Whose Reproductive Organism Is Normal And Healthy, Will Have A Stronger Will With Which To Control Him Or Herself. The Waab "Egyptian High Priest" Know That Much Of The Perversion Of This Wonderful Part Of The System Comes From A Lack Of Normal Health, And Results From A Morbid Rather Than A Normal Condition Of These Organs.

Little Consideration Of This Question Will Prove That The Waab "Egyptian High Priest" Teachings Are Right. This Is Not The Place To Discuss The Subject Fully, But The Waab "Egyptian High Priest" Knew That Sex Energy May Be Conserved And Used For The Development Of The Body And Mind Of The Individual, Instead Of Being Dissipated In Unnatural Excesses As Is The Want Of So Many Uninformed People. By Special Request I Will Give In This Scroll One Of The Favorite Smai Exercises For This Purpose. But Whether Or Not The Student Wishes To Adopt The Smai Facts Of Continence And Clean-Living, He Or She Will Find That The Complete Union Breath Will Do More To Restore To This Part Of The System Than Anything Else Ever Tried. Remember, Now, I Mean Normal Health, Not Undue Development. The Sensualist Will Find That Normal Means

A Lessening Of Desire Rather Than An Increase; The Weakened Man Or Woman Will Find A Toning Up And A Relief From The Weakness Which Has Heretofore Depressed Him Or Her. I Do Not Wish To Be Misoverstood Or Misquoted On This Subject. The Smai Ideal Is A Body Strong In All Its Parts, Under The Control Of A Masterful And Developed Will, Animated By High Ideals.

In The Practice Of The Complete Union Breath, During Inhalation, The Diaphragm Contracts And Exerts A Gentle Pressure Upon The Liver, Stomach And Other Organs, Which In Connection With The Rhythm Of The Lungs Acts As A Gentle Massage Of These Organs And Stimulates Their Actions, And Encourages Normal Functioning. Each Inhalation Aids In This Internal Exercise, And Assists In Causing A Normal Circulation To The Organs Of Nutrition And Elimination, In High Or Mid Breathing The Organs Lose The Benefit Accruing From This Internal Massage.

The Western World Is Paying Much Attention To Physical Culture Just Now, Which Is A Good Thing. But In Their Enthusiasm They Must Not Forget That The Exercise Of The External Muscles Is Not Everything. The Internal Organs Also Need Exercise, And Nature's Plan For This Exercise Is Proper Breathing. The Diaphragm Is Nature's Principal Instrument For This Internal Exercise. Its Motion Vibrates The Important Organs Of Nutrition And Elimination, And Massages And Kneads The Inhalation And Exhalation Forcing Blood Into Them, And Then Squeezing It Out, And Imparting A General Tone To The Organs. Any Organ Or Part Of The Body Which Is Not Exercised Gradually Atrophies And Refuses To Function Properly, And Lack Of The Internal Exercise Afforded By The Diaphragmatic Action Leads To

Diseased Organs. The Complete Union Breath Gives The Proper Motion To The Diaphragm, As Well As Exercising The Middle And Upper Chest. It Is Indeed "Complete" In Its Action.

From The Standpoint Of Wrong Knowledge Alone, Without Reference To The Egiptian Right Knowledge And Science, This Smai System Breathing Is Of Vital Importance To Every Man, Woman And Child Who Wishes To Acquire Health And Keep It. Its Very Simplicity Keeps Thousands From Seriously Considering It, While They Spend Fortunes In Seeking Health Through Complicated And Expensive "Systems", Health Knocks At Their Door And They Answer Not. Verily The Stone Which The Builders Reject Is The Real Cornerstone Of The Temple Of Health. The Ancient Egiptian Order Has The Key To Your Well Being.

CHAPTER 10

A Few Bits Of Smai Facts

I Give Below Three Forms Of Breath, Quite Popular Among The Smai . The First Is The Weil-Known Smai Cleansing Breath, To Which Is Attributed Much Of The Great Lung Endurance Found Among The Waab "Egiptian High Priest" They Usually Finish Up A Breathing Exercise With This Cleansing Breath, And I Have Followed This Plan In This Scroll. I Also Give The Smai Nerve Vitalizing Exercise, Which Has Been Handed Down Among Them For Ages, And Which Has Never Been Improved On By Western Preachers, Pastors Or Teachers Of Physical Culture, And So-Called Spiritual Guidance Although Some Of Them Have "Borrowed" It From **Hery-Heb** "Egiptian Teachers" Of Smai. I Also Give The Smai Vocal Breath, Which Accounts Largely

For The Melodious, Vibrant Voices Of The Better Class Of The Smai. I Feel That If This Scroll Contained Nothing More Than These Three Exercises, It Would Be Invaluable To The Western Religious Student. Take These Exercises As A Gift From Your Egiptian Nuwaupian Brother **Amunnubi Raakhptah** And Put Them Into Practice.

The Smai Cleansing Breath

The Waab "Egiptian High Priest" Have A Form Of Breathing Which They Practice When They Feel The Necessity Of Ventilating And Cleansing The Lungs. They Conclude Many Of Their Other Breathing Exercises With This Breath, And I Have Followed This Practice In This Scroll. This Cleansing Breath Ventilates And Cleanses The Lungs, Stimulates The Cells And Gives A General Tone To The Respiratory Organs, And Is Conducive To Their General Healthy Condition. Besides This Effect, It Is Found To Greatly Refresh The Entire System. Speakers, Singers, Etc., Will Find This Breath Especially Restful, After Having Tired The Respiratory Organs.

- (1) Inhale A Complete **Breath**.
- (2) Retain The Air A Few Seconds.
- (3) Pucker Up The Lips As If For A Whistle (But Do-Not Swell Out The Cheeks), Then Exhale A Little Air Through The Opening, With Considerable Vigor. Then Stop For A Moment, Retaining The Air, And Then Exhale A Little More Air. Repeat Until The Air Is Completely Exhaled. Remember That Considerable Vigor Is To Be Used In Exhaling The Air Through - The Opening In The Lips.

This Breath Will Be Found Quite Refreshing When One Is Tired And Generally "Used Up." A Trial Will Convince The Student Of Its Merits. This Exercise Should Be Practiced Until It Can Be Performed Naturally And Easily, As It Is Used To Finish Up A Number Of Other Exercises Given In This Scroll, And It Should Be Thoroughly Overstood.

The Smai Nerve Vitalizing Breath

This Is An Exercise Well Known To The Waab, (Egiptian High Priest) Who Consider It One Of The Strongest Nerve Stimulants And Invigorants Known To Human Being. Its Purpose Is To Stimulate The Nerves. This Exercise Brings A Stimulating Pressure To Bear On Important Nerve Centers, Which In Turn Stimulates And Energizes The Entire Nervous System, And Send An Increased Flow Of Nerve Force To All Parts Of The Body.

1. Stand Erect.
2. Inhale A Complete **Breath**, And Retain Same.
3. Extend The Arms Straight In Front Of You Let Them Be Somewhat Limp And Relaxed, With Only Sufficient Nerve Force To Hold Them Out.
4. Slowly Draw The Hands Back Toward The Shoulder Gradually Contracting The Muscles And Putting Force Into Them, So That When They Reach The Shoulders The Fists Will Be So Tightly Clenched That A Tremulous Motion Is Felt.

5. Then, Keeping The Muscles Tense Push The Fists Slowly **Out**, And Then Draw Them Back Rapidly (Still Tense) 3 To 9 Times.
6. Practice The Cleansing Breath.
7. The Efficiency Of This Exercise Depends Greatly Upon The Speed Of The Drawing Back Of The Fists, And The Tension Of The Muscles, And, Of Course, Upon The Full Lungs. This Exercise Must Be Tried To Be Appreciated. It Is Without Equal As A "Bracer," As Our Western Religion And Scientific Friends Put It.

THE SMAI VOCAL BREATH

The **Smai** Have A Form Of Breathing To Develop The Voice. Nuwaupians (Negroids) Are Noted For Their Wonderful Voices, Which Are Strong, Smooth And Clear, And Have A Wonderful Carrying Power. They Have Practiced This Particular Form Of Breathing Exercise Which Has Resulted In Rendering Their Voices Soft, Beautiful And Flexible, Imparting To It That Indescribable, Peculiar Floating Quality, Combined With Great Power. The Exercise Given Below Will In Time Impart The Above-Mentioned Qualities, Or The Voice, To The Devotee Who Practices It Daily. It Is To Be Overstood, Of Course, That This Form Of Breath Is To Be Used Only As An Occasional Exercise, And Not As A Regular Form Of Breathing.

- (1) Inhale A Complete Breath Very Slowly, But Steadily, Through The Nostrils, Taking As Much Time As Possible In The Inhalation.

- (2) Retain For A Few Seconds.
- (3) Expel The Air Vigorously In One Great Breath, Through The Wide Opened Mouth.

(4) Rest The Lungs By The Cleansing Breath. Without Going Deeply Into The Smi Facts Of Sound-Production In Speaking And Singing, I Wish To Say That Experience Has Taught Them That The Timbre, Quality And Power Of A Voice Depends Not Alone Upon The Vocal Organs In The Throat, But That The Facial Muscles, Etc., Have Much To Do With The Matter. Some Men With Large Chests Produce A Poor Tone, While Others With Comparatively Small Chests Produce Tones Of Amazing Strength And Quality. Here Is An Interesting Experiment Worth Trying: Stand Before A Glass And Pucker Up Your Mouth And Whistle, And Note The Shape Of Your Mouth And The General Expression Of Your Face. Then Sing Or Speak As You Do Naturally, And See The Difference. Then Start To Whistle Again For A Few Seconds, And Then, *Without Changing The Position Of Your Lips Or Face*, Sing A Few Notes And Notice What A Vibrant Resonant, Clear And Beautiful Tone Is Produced.

CHAPTER 11

"THE SEVEN SMAI DEVELOPING EXERCISES"

The Following Are The Seven Exercises Of The Smi For Developing The Lungs, Muscles, Ligaments, Air Cells, Etc. They Are Quite Simple, But **Marvelously** Effective. Do Not Let The Simplicity Of These Exercises Make You Lose Interest, For They Are The Result Of Careful Experiments And Practice On The Part Of The Sinai, And Are The Essence Of Numerous Intricate And Complicated Exercises,

The Non-Essential Portions Being Eliminated And The Essential Features Retained.

(1) THE RETAINED BREATH

This Is A Very Important Exercise Which Tends To Strengthen And Develop The Respiratory Muscles As Well As The Lungs, And Its Frequent Practice Will Also Tend To Expand The Chest. The **Waab "Egiptian High Priest"** Have Found That An Occasional Holding Of The Breath, After The Lungs Have Been Filled With The Complete Union Breath, That Is Very Beneficial, Not Only To The Respiratory Organs But To The Organs Of Nutrition, The Nervous System And The Blood Itself. They Have Found That An Occasional Holding Of The Breath Tends To Purify The Air Which Has Remained In The Lungs From Former Inhalations, And To More Fully Oxygenate The Blood.

They Also Know That The Breath So Retained Gathers Up All The Waste Matter, And When The Breath Is Expelled It Caries With It The Effete Matter Of The System, And Cleanses The Lungs Just As A Purgative Does The Bowels. The Waab "Egiptian High Priest" Recommend This Exercise For Various Disorders Of The Stomach, Liver And Blood, And Also Find That It Frequently Relieves Bad Breath, Which Often Varies From Poorly Ventilated Lungs. I Recommend Devotee To Pay Considerable Attention To This Exercise, As It Has Great Merits. The Following Directions Will Give You A Clear Idea Of The Exercise:

- (1) Stand Erect.
- (2) Inhale A Complete Union Breath.
- (3) Retain The Air As Long As You Can Comfortably.

- (4) Exhale Vigorously Through The Open Mouth.
- (5) Practice The Cleansing Breath.

At First You Will Be Able To Retain The Breath Only A Short Time, But A Little Practice Will Also Show A Great Improvement. Time Yourself With A Watch If You Want To Note Your Progress.

(2) LUNG CELL STIMULATION

This Exercise Is Designed- To Stimulate The Air Cells In The Lungs, But Beginners Must Not Overdo It, And In No Case Should It Be Indulged In Too Vigorously. Some May Find A Slight Dizziness Resulting From The First Few Trials, In Which Case Let Them Walk Around A Little And Discontinue The Exercise For A While.

- (1) Stand Erect, With Hands At Sides.
- (2) Breathe In Very Slowly And Gradually.
- (3) While Inhaling, Gently Tap The Chest With The Finger Tips, Constantly Changing Position.
- (4) When The Lungs Are Filled, Retain The Breath And Pat The Chest With The Palms Of The Hands.
- (5) Practice The Cleansing Union Breath.

This Exercise Is Very Bracing And Stimulating To The Whole Body, And Is A Well-Known Smai Practice. Many Of The Air Cells Of The Lungs Become Inactive By Reason Of Incomplete Breathing, And Often Become Almost Atrophied. One Who Has Practiced Imperfect Breathing For Years Will Find It Not So Easy To Stimulate All These ~~Ill-Used~~ Air Cells Into Activity All At Once By The Complete Union Breath, But This Exercise Will Do Much Toward Bringing About The Wanted Results, And Is Worth Study And Practice.



An Egyptian Picture Of Someone
Standing Erect With Hands At Sides

(3) RIB STRETCHING

I Have Explained That The Ribs Are Fastened By Cartilages, Which Admit Of Considerable Expansion. In Proper Breathing, The Ribs Play An Important Part, And It Is Well To Occasionally Give Them A Little Special Exercise In Order To Preserve Their Elasticity. Standing Or Sitting In Unnatural Positions, To Which Many Of The Western Religious People Are Addicted, Is Apt To Render The Ribs More Or Less Stiff And Inelastic, And This Exercise Will Do Much To Overcome It.

1. Stand Erect.
2. Place The Hands One On Each Side Of The Body, As High Up Under The Armpits As Convenient, The Thumbs Reaching Toward The Back, The Palms On The Side Of The Chest And The Fingers To The Front Over The Breast.
3. Inhale A Complete Breath.
4. Retain The Air For A Short Time.
5. Then Gently Squeeze The Sides, At The Same Time Slowly Exhaling.
6. Practice The Cleansing Union Breath.
7. Use Moderation In This Exercise And Do Not Over Do It.

(4) CHEST EXPANSION

The Chest Is Quite Apt To Be Contracted From Bending Over One's Work, Etc. This Exercise Is Very Good For The Purpose Of Restoring Natural Conditions And Gaining Chest Expansion.

1. Stand Erect.
2. Inhale A Complete Breath.
3. Retain The Air.
4. Extend Both Arms Forward And Bring The Two Clenched Fists Together On A Level With The Shoulder.

5. Then Swing Back The Fists Vigorously Until The Arms Stand Out Straight Sideways From The Shoulders.
6. Then Bring Back To Position 4, And Swing To Position 5. Repeat Several Times.
7. Exhale Vigorously Through The Opened Mouth.
8. Practice The Cleansing Breath.
9. Use Moderation And Do Not Overdo This Exercise.

(5) WALKING EXERCISE

1. Walk With Head Up, Chin Drawn Slightly In, Shoulders Back, And With Measured Tread.
2. Inhale A Complete Breath, Counting (Mentally) 1, 2, 3, 4, 5, 6, 7, 8, 9, One Count To Each Step, Making The Inhalation Extend Over The NINE Counts.
3. Exhale Slowly Through The Nostrils, Counting As Before 1, 2, 3, 4, 5, 6, 7, 8, 9 One Count To A Step.
4. Rest Between Breaths, Continuing Walking And Counting, 1, 2, 3, 4, 5, 6, 7, 8, 9, One Count To A Step.
5. Repeat Until You Begin To Feel Tired. Then Rest For A While, And Resume At Pleasure. Repeat Several Times A Day. Some Waab Vary This Exercise By Retaining The Breath During A 1, 2, 3, Count, And Then Exhale In A Nine-Step Count. Practice Whichever Plan Seems Most Agreeable To You.

(6) MORNING EXERCISE

1. Stand Erect In A Military Attitude, Head Up, Eyes Front, Shoulders Back, Knees Stiff, Hands At Sides.
2. Raise Body Slowly On Toes, Inhaling A Complete Breath, Steadily And Slowly.
3. Retain The Breath For A Few Seconds, Maintaining The Same Position.
4. Slowly Sink To First Position, At The Same Time Slowly Exhaling The Air Through The Nostrils.
5. Practice Cleansing Breath.
6. Repeat Nine (9) Times, Varying By Using Right Leg Alone, Then Left Leg Alone.

(7) STIMULATING CIRCULATION

1. Stand Erect.
2. Inhale A Complete Breath And Retain.
3. Bend Forward Slightly And Grasp A Stick Or Cane Steadily And Firmly, And Gradually Exerting Your Entire Strength Upon The Grasp.
4. Relax The Grasp, Return To First Position, And Slowly Exhale.
5. Repeat Several Times.
6. Finish With The Cleansing Breath.

This Exercise May Be Performed Without The Use Of A Stick Or Cane, By Grasping An Imaginary Cane, Using The Will To Exert The Pressure. The Exercise Is A Favorite Smai Plan Of Stimulating The Circulation By Driving The Arterial Blood To The Extremities, And Drawing Back The Venous Blood To The Heart And Lungs That It May Take Up The Oxygen Which Has Been Inhaled With The Air. In Cases Of Poor Circulation There Is Not Enough Blood In The Lungs To Absorb The Increased Amount Of Oxygen Inhaled, And The System Does Not Get The Full Benefit Of The Improved

Breathing. In Such Cases, Particularly, It Is Well To Practice The Exercise, Occasionally With The Regular Complete Union Breathing Exercise.

CHAPTER 12

NINE MINOR SMAI EXERCISES

This Chapter Is Composed Of Nine Minor Smai Breathing Exercises, Bearing Special Names, Each Distinct And Separate From The Others And Having A Different Purpose In View. Each Devotee Will Find Several Of These Exercises Best Adapted To The Special Requirements Of His/Her Particular Case. Although I Have Styled These Exercises "Minor Exercises," They Are Quite Valuable And Useful, Or They Would Not Appear In This Scroll. They Give One A Condensed Course In "Physical Culture" And "Lung Development," And Might Readily Be "Padded Out" And Elaborated Into A Small Scroll On These Subjects. They Have, Of Course, An Additional Value, As Smai Breathing Forms A Part Of Each Exercise. Do Not Pass Them By Because They Are Marked "Minor." Some One Or More Of These Exercises May Be Just What You Need. Try Them And Decide For Yourself.

EXERCISE 1

1. Stand Erect With Hands At Sides.
2. Inhale Complete Breath.
3. Raise The Arms Slowly, Keeping Them Rigid Until The Hands Touch Over Head.

4. Retain The Breath A Few Minutes With Hands Over Head.
5. Lower Hands Slowly To Sides, Exhaling Slowly At Same Time. -
6. Practice Cleansing Breath.
7. Think Of Wind
8. Let It Blow Through You
9. Let Pa Neter: Shu Be A Part Of You



Pa Neter Shu

EXERCISE 2

1. Stand Erect, With Arms Straight In Front Of You
2. Inhale Complete Breath And Retain.
3. Swing Arms Back As Far As They Will Go; Then Back To First Position; Then Repeat Several Times, Retaining The Breath All The While.
4. Exhale Vigorously Through Mouth.
5. Practice Cleansing Breath.
6. Think Of A Baby Breath
7. See It's Chest Raise And Fall And Raise Again
8. Note In Your Mind The Importance Of Wind And Breath
9. Thank Pa Neter: Shu Out Loud

EXERCISE 3

- (1) Stand Erect With Arms Straight In Front Of You.
- (2) Inhale Complete Breath.
- (3) Swing Arms Around In A Circle, Backward, A Few Times. Then Reverse A Few Times, Retaining The Breath All The While. You May Vary This By Rotating Them Alternately Like The Sails Of A Windmill.
- (4) Exhale The Breath Vigorously Through The Mouth.
- (5) Practice Cleansing Breath.
- (6) Move As The Wind Moves
- (7) See The Trees Blowing In The Breeze
- (8) Hear The Wind On The Leaves
- (9) Smell The Freshness Of Nature

EXERCISE 4

- (1) Lie On The Earth (Floor) With Your Face Downward And Palms Of Hands Flat Upon The Earth (Floor) By Your Sides.
- (2) Inhale Complete Breath And Retain.
- (3) Stiffen The Body And Raise Yourself Up By The Strength Of Your Arms Until You Rest On Your Hands And Toes.
- (4) Then Lower Yourself To Original Position. Repeat Several Times.
- (5) Exhale Vigorously Through **Your** Mouth.
- (6) Practice Cleansing Breath.
- (7) Think **Of** The Earth **As A** Bed
- (8) You Lay In The Arm Of Pa Neteraat: Geb
- (9) See Your Whole Self Relaxed In Peace



Figure
Pa Neter Geb

EXERCISE 5

- (1) Stand Erect With Your Palms Against The Wall.
- (2) Inhale Complete Breath And Retain.
- (3) Lower The Chest To The Wall, Resting Your Weight On Your Hands.
- (4) Then Raise Yourself Back With The Arm Muscles Alone, Keeping The Body Stiff.
- (5) Exhale Vigorously Through The Mouth.
- (6) Practice Cleansing Breath.
- (7) Think Of The Earth As A Support
- (8) You Can Lean On It And Trust It
- (9) Pa Neter Geb Is There To Hold You Up

EXERCISE 6

- (1) Stand Erect With Arms And With Hands Resting Around The Waist And Elbows Standing Out.
- (2) Inhale Complete Breath And Retain.
- (3) Keep Legs And Hips Stiff And Bend Well Forward, As If Bowing, At The Same Time Exhaling Slowly.
- (4) Return To First Position And Take Another Complete Breath.
- (5) Then Bend **Backward**, Exhaling Slowly.
- (6) Return To First Position And Take A Complete Breath.
- (7) Then Bend Sideways, Exhaling Slowly. (Vary By Bending To Right And Then To Left.)
- (8) Practice Cleansing Breath.
- (9) Feel At Peace With Geb Earth In All Direction.

EXERCISE 7

- (1) Stand Erect, Or Sit Erect, With Straight Spinal Column.

- (2) Inhale A Complete Breath, But Instead Of Inhaling A Continuous Steady Stream, Take A Series Of Short, Quick "Sniffs," As If You Were Smelling Aromatic Salts Or Ammonia And Did Not Wish To Get Too Strong A "Whiff." Do Not Exhale Any Of These Little Breaths, But Add One To The Other Until The Entire Lung Space Is Filled.
- (3) Retained For Few Seconds.
- (4) Exhale Through The Nostrils In A Long, Restful, Sighing Breath.
- (5) Practice Cleansing Breath.
- (6) Open Your Self Up To The Power Of Breath
- (7) Become Breath
- (8) Be Life Itself
- (9) And Your Nose Is The Port Hold To Your Inner Being

EXERCISE 8

- (1). Stand In Front Of An Open Window With Both Hands At Your Side And Your Palms Beside You, The Morning Air Is Best
- (2). With Your Face Towards The East (Sun Rise) Now You Raise Your Right Arm First
- (3). While Exhaling Through Your Mouth
- (4). Then With That Same Arm Now Raised In Front Of You, Inhale Through Your Nose While Raising It Straight Over You
- (5). Then With Your Left Arm Still At The Side, You Raise It In Front Of You As You Exhale Through Your Mouth
- (6). Then Bringing Your Left Arm From In front Of You, Breath In Throughout Your Nose Again, Now Both Hands Are Above Your Head.
- (7). Now Bring Both Hands Down Slow In front Of Your Palms Facing Each Other Exhaling Throughout The

- Mouth,
- (8). Then Bring The Right Hand Down To The Side **Inhaling** Throughout The Nose
 - (9). Then Bring The Left Hand Down Inhaling Throughout The Nose, Hold It And Count To Nine And Let It Out Slow, Take Nine Exhales To Clear Your Lungs. If It Is Evening You Face The West, If It Is Noon Your Head Is Raised Upward Towards The Sky.

EXERCISE 9

- (1.) You Stand In Any Direction Preferably Outside Over Where There Is Fresh Air
- (2.) Bring Your Left Hand Fist Closed Over To Your Right Shoulders, Take A Deep Breath
- (3.) Bring Your Right Hands Over To Your Left Shoulder, Take A Deep Breath
- (4.) Cross Your Right Foot Over Your Left Breath Out And Turn Your Body Towards The Right
- (5.) Breathing Inward, Go Back To Straight Standing Posture
- (6.) Cross Your Left Foot Over Your Right Breath Out And Turn Your Body Toward The Left
- (7.) Breathing Inward Go Back To Straight Standing Posture
- (8.) Bring Your Right Hand Back Down To Your Side, Breathing In Through Out Your Nostrils
- (9.) Bring Your Left Hand Back Down To Your Side Breathing In Through Your Nostrils

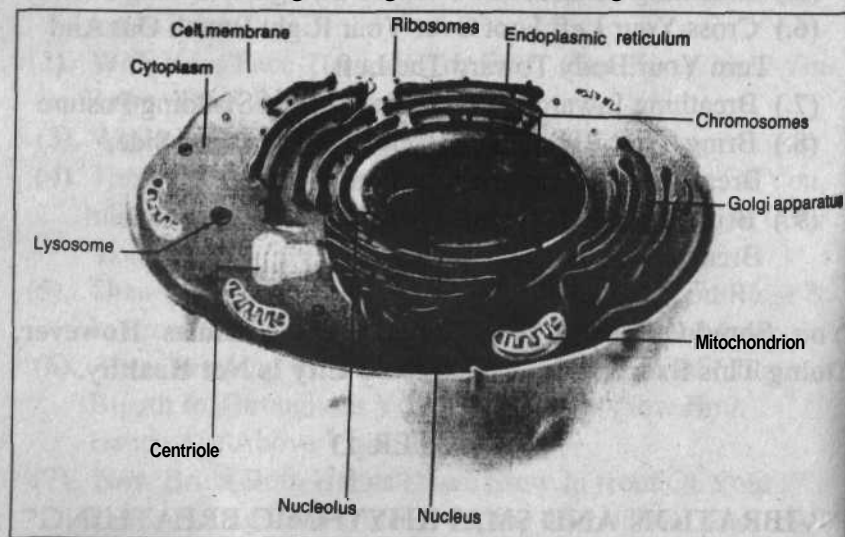
You Should Repeat This Exercise Nine Times However, Doing This Exercise In A Congested City Is Not Healthy.

CHAPTER 13

"VIBRATION AND SMAI RHYTHMIC BREATHING"

All Is In Vibration. Pa **Kawun** Vibrates From The **Tiniest** Atom Within All To The Greatest Sun And Ether. **Everything** Is In A State Of Vibration. All Live. There Is Nothing In Absolute Rest In Nature. A Single Atom Deprived Of Vibration Would Wreck The Universe. The Incessant Vibration, The Universal Work Is Performed. Matter Is Being Constantly Played Upon By Energy And Countless Forms And Numberless Varieties Result, Yet Even The Forms And Varieties Are Not Permanent. They Begin To Change The Moment They Are **Created**, And From Them Are Born Innumerable Forms, Which In Turn Change And Give Rise To Newer Forms, And So On And On, In Infinite Succession In The All As The All. Nothing Is Permanent In The World Of Forms, And Yet The Great Reality Is Unchangeable. Forms Are But Appearances; They Come, They Go, But The Reality Is Eternal And Unchangeable.

The Atoms As Cells Of The Human Body Are In Constant Vibration. Unceasing Changes Are Occurring.



In Every 9 Months, There Is A Complete Change In The Matter Composing The Body, And Scarcely A Single Atom (Cell) Now Composing Your Body Will Be Found In It At 9 Months. From Now Your Time Is Based On Your Physical Time Reference. Vibration, Constant Vibration. Change, Constant Change.

In All Vibration Is To Be Found A Certain Rhythm. Rhythm Pervades The Universe. The Swing Of The Planets **Am** and **Pa** Re Or Ra "The Sun"; The Rise And Fall Of The Sea; The Beating Of The Heart; The Ebb And Flow Of The Tide All Follow Rhythmic Laws. The Rays Of Pa Re "The Sun" Reach Us; Pa Matur "The Rain-Descends" Upon Us, In Obedience To The Same Law. All Growth Is But An Exhibition Of This Law. All Motion Is A Manifestation Of The Law Of Rhythm. Our Bodies Are As Much Subject To Rhythmic Laws As Is The Planet In Its Revolution Around The Sun.

Much Of The Esoteric Side Of The Smai Science Of **Breath** Is Based Upon This Known Principle Of Nature. He Manages To Absorb A Great Amount Of Sekhem, Which He Disposes Of To Bring About Results Wanted By Him. I Will Speak Of This At Greater Length Later On. The Body Which You Occupy Is Like. A Small Inlet Running In To The Land From The Sea.

To The Ebb And Flow Of The Tides-Of The Ocean. The Great Sea Of Life Is Swelling And Receding, Rising And Falling, And We Are Responding To Its Vibrations And Rhythm. In A Normal Condition We Receive The Vibration And Rhythm Of The Great Ocean Of Life, And Respond To It, But At Times The Mouth Of The Inlet Seems Choked Up With Debris, And We Fail To Receive The Impulse From Mother Ocean, And In Harmony Manifests Within Us. You

Have Heard How A Note On A Violin, If Sounded Repeatedly And In Rhythm, Will Start Into Motion Vibrations Which Will In Time Destroy A Bridge. The Same Result Is True When A Regiment Of Soldiers Crosses A Bridge, The Order Being Always Given To "Break Step" On Such An Occasion, Lest The Vibration Bring Down Both Bridge And Regiment.

These Manifestations Of The Effect Of Rhythmic Motion Will Give You An Idea Of The Effect On The Body Of Rhythmic Breathing. The Whole System Catches The Vibration And Becomes In Harmony With He/She Will, Which Causes The Rhythmic Than Any Amount Of Theoretical Teaching, For As The Old Smai Proverb Says, "He Who Tastes A Grain Of Mustard Seed Knows More Of Its Flavor Than He Who Sees An Elephant Load Of It."

(1) General Directions For Smai Etheric Breathing

The Basis Of All Smai Etheric Breathing Is The **Smai** Rhythmic Breath, Instruction Regarding Which I Gave In Our Last Chapter. In The Following Exercises, In Order To Avoid Useless Repetition, I Will Say Merely, Breath **Rhythmically**," And Then Give The Instruction For The Exercise Of The; Etheric Force, Or Directed Will Power Working In Connection With The Rhythmic Breath Vibrations. After A Little Practice You Will Find That You Will Not Need To Count After The First Rhythmic **Breath**, As The Mind Will Grasp The Idea Of Time And Rhythm And You Will Be Able To Breathe Rhythmically At Pleasure, Almost **Automatically**. This Will Leave The Mind Clear For The Sending Of The Etheric Vibrations Under The Direction Of The Will. (See The Following First Exercise For Directions In Using The Will.)

(2) **SEKHEM** "Life Force" Distributing

I Lying Flat On The Floor Or Bed, Completely Relaxed, **With** I Hands Resting Lightly Over The Solar **Plexus** (Over The Pit Of The Stomach, Where The Ribs Begin To Separate), Breathe Rhythmically. After The Rhythm Is Fully Established That •Each Inhalation Will Draw In An Increased Supply Of I Sekhem Or Vital Energy From The Universal Supply, Which I Will Be Taken Up By The Nervous System And Stored In The I Solar Plexus. At Each Exhalation Will That The **Sekhem** Or [Vital Energy Is Being Distributed All Over The Body, To [Every Organ And Part; To Every Muscle, Cell And Atom; To Nerve, Artery And Vein; From Top Of Your Head To The Soles Of Your Feet; Invigorating, Strengthening And [Stimulating Every Nerve Recharging Every Nerve Center; I Sending Energy, Force And Strength All Over The System. While Exercising The Will, Try To Form A Mental Picture Of The In Rushing Sekhem, Coming In Through The Lungs And Being Taken Up At Once By The Solar Plexus, Then With Exhaling Effort, Being Sent To All Parts Of The System, Down To The Finger Tips And Down To The Toes.

(3) Necessary

It Is Not Necessary To Use The Will With An Effort. Simply [Commanding That Which You Wish To Produce And Then Making The Mental Picture Of It Is All That Is Far Better Than forcible willing, which only dissipates force needlessly. The Above Exercise Is Most Helpful And Greatly Refreshes And Strengthens The Nervous System And Produces A Restful Feeling All Over The Body. It Is Especially Beneficial In Cases Where One Is Tired Or Feels Lack Of Energy.

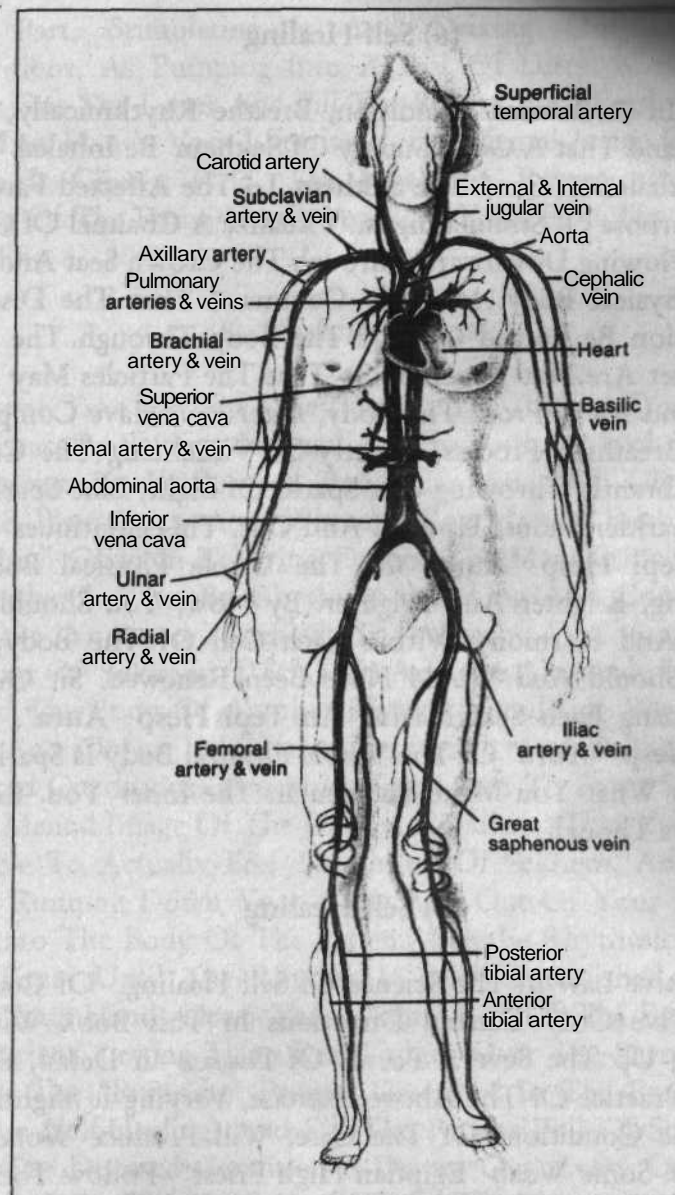
(4) Inhibiting Pain

Lying Down Or Sitting Erect, Breathe **Rhythmically**, Holding The Thoughts That You Are Inhaling **Sekhem**. Then When You Exhale, Send The Sekhem To The Painful Part To Re-Establish The Circulation And Nerve Current. Then Inhale More Sekhem For The Purpose Of Driving Out The **Painful** Condition; Then **Exhale**, Holding The Thought That You Are Driving Out The Pain. Alternate The Two Above Mental Commands, And With One Exhalation Stimulate The Part And With The Next Drive Out The Pain.

Keep This Up For Seven Breaths, Then Practice The Cleansing Breath And Rest A While. Then Try It Again Until **Relief** Comes, Which Will Be Before Long. Many Pains Will Be Found To Be Relieved Before Seven Breaths Are Finished. If The Hand Is Placed Over The Painful Part, You May Get Quicker Results. Send The Current Of Sekhem Down The Arm And Into The Painful Part.

(5) Directing The Circulation

Lying Or Sitting Erect, Breathe Rhythmically, And With The Exhalations Direct The Circulation To Any Part You Wish, Which May Be Suffering From The Imperfect Circulation. This Is Effective In Cases Of Cold Feet Or In Cases Of Headache, The Blood Being Sent Downward In Both Cases In The First Case Warming The **Feet**, And In The **Latter**, Relieving The Brain From Too Great Pressure. In The Case Of Headache, Try The Pain Inhibiting First, Then Follow With Sending The Blood Downward. You Will Often Feel A Warm Feeling In The Legs As The Circulation Moves **Downward**. The Circulation Is Largely Under The Control Of The **Will**. And Rhythmic Breathing Renders The Task Easier.



The Different Parts Of The Body Blood Circulates

(6) Self-Healing

Lying In A Relaxed Condition, Breathe Rhythmically, And Command That A Good Supply Of **Sekhem** Be Inhaled. With The Exhalation, Send The Sekhem To The Affected Part For The Purpose Of Stimulating It. Visualize A Channel Of **Green** Light Flowing Downward Through The Crown Seat And Into The Physical Body. Mentally Command That The **Diseased** Condition Be Forced Out Of The Body Through The **Feet**. The Feet Are Not Touching So That The Particles May Flow Out And Away From The Body. After You Have Completed Your Breathing **Process**, Quietly Sit Visualizing The **Crown** Seat Vibrantly Throwing Out Sparks Of Light, Like **Sparklers**. The Sparkler Shoots Upward And Out. This Continues Until The Tepi Hesp "Aura" Of The Whole Physical Body Is Sparking, Brighter And Brighter. By Now, You Should Feel Peace And Harmony Within Each Cell Of The Body, For They Should And Would Have Been Renewed. Sit **Quietly** Visualizing Each Seat Having An Tepi Hesp "Aura". The Tepi Hesp "Aura" Of The Whole Physical Body Is **Sparkling**. This Is What You Make Happen In The Inner You. Energy] Follows Though.

(7) Self Healing

An Active Law In The Science Of Self Healing. Of Course I] Can Give Only General Directions In This Book Without Taking Up The Several Forms Of Disease In Detail, But A Little Practice Of The Above Exercise, Varying It Slightly To Fit The Conditions Of The Case, Will Produce **Wonderful** Results. Some Waab "**Egyptian** High Priest" Follow The Plan] Of Placing Both Hands On The Affected Part, And Then Breathing Rhythmically, Holding The Mental Image That They Are Fairly Pumping Sekhem Into The Diseased Organ

And Part, Stimulating It And Driving Out Diseased Conditions, As Pumping Into A Pail Of Dirty Water Will Drive Out The Latter And Fill The Bucket With Fresh Water. This Last Plan Is Very Effective If The Mental Image Of The **Pump** Is Clearly Held, The Inhalation Representing The Lifting Of The Pump Handle And The Exhalation The Actual Pumping.

(8) Healing Others

I Cannot Take Up The Question Of The Etheric Treatment Of Disease By Sekhem In Detail In This Book, As Such Would Be Foreign To Its Purpose. But I Can And Will Give You Simple, Plain Instructions Whereby You May Be Enabled To Do Much Good In Relieving Others. The Main Principle To Remember Is That By Rhythmic Breathing And Controlled Thought You Are Enabled To Absorb A Considerable Amount Of **Sekhem**, (**Ⲛⲓⲣⲓⲛⲓ**) And Are Also Able To Pass It Into The Body Of Another **Person**, Stimulating Weakened Parts And Organs And Imparting Health And Driving Out Diseased Conditions. You Must First Learn To Form Such A Clear Mental Image Of The Desired Condition That You Will Be Able To Actually Feel The Influx Of Sekhem, And The Force Running Down Your Arms And Out Of Your Finger Tips Into The Body Of The Patient. Breathe Rhythmically A Few Times Until The Rhythm Is Fairly Established, Then Place Your Hands Upon The Affected Part Of The Body Of The Patient, Letting Them Rest Lightly Over The Part. Then Follow The "Pumping" Process Described In The Preceding Exercise (**Self-Healing**) And Fill The Patient Full Of Sekhem Until The Diseased Condition Is Driven Out. Every Once In A While Raise The Hands And "Flick" The Fingers As If You [Were Throwing Off The Diseased Condition.

It Is Good To Do This Occasionally And Also To Wash The Hands After Treatment, As Otherwise You May Take Oh A Trace Of The Diseased Condition Of The Patient. Also Practice The Cleansing Breath Several Times After The Treatment. During The Treatment Let The Sekhem Pour Into The Patient In One Continuous Stream, Allowing Yourself To Be Merely The Pumping Machinery Connecting The Patient With The Universal Supply Of Sekhem, And Allowing It To Flow Freely Through You. You Need Not Work The Hands Vigorously, But Simply Enough That The Sekhem Freely Reaches The Affected Parts.

The Rhythmic Breathing Must Be Practiced Frequently During The Treatment, So As To Keep The Rhythm Normal And To Afford The Sekhem A Free Passage. It Is Better To Place The Hands On The Bare Skin, But Where This Is Not Advisable Or Possible Place Them Over The Clothing. Vary Above Methods Occasionally During The Treatment By Stroking The Body Gently And Softly With The Finger Tips, The Fingers Being Kept Slightly Separated. This Is Vary Soothing To The Patient. In Cases Of Long Standing You May Find It Helpful To Give The Mental Command In Words, Such As "Get Out, Get Out," Or "Be Strong, Be Strong," As The Case May Be, The Words Helping You To Exercise The Will More Forcibly And To The Point.

Vary These Instructions To Suit The Needs Of The Case, And Use Your Own Judgment And Inventive Faculty. I Have Given You The General Principles And You Can Apply Them In Hundreds Of Different Ways. The Above Apparently Simple Instruction, If Carefully Studied And Applied, Will Enable One To Accomplish All That The Leading "Magnetic Healers" Are Able To, Although Their "Systems" Are More Or Less Cumbersome And Complicated. They Are Using

Sekhem Ignorantly And Calling It "Magnetism." If They Would Combine Rhythmic Breathing With Their "Magnetic" Treatment They Would Double Their Efficiency.

(9) Distant Healing

Sekhem Colored By The Thought Of The Sender May Be Projected To Persons At A Distance, Who Are Willing To Receive It, And Healing Work Done In This Way. This Is The Secret Of The "Absent Healing," Of Which The Western World Has Heard So Much Of Late Years. The Thought Of The Healer Sends Forth And Colors The Sekhem Of The Sender, And It Flashes Across Space And Finds Lodgment In The Etheric Mechanism Of The Patient. It Is Unseen, And Like The Marconi Waves, It Passes Through Intervening Obstacles And Seeks The Person Attuned To Receive It. In Order To Treat Persons At A Distance, You Must Form A Mental Image Of Them Until You Can Feel Yourself To Be In Rapport With Them. This Is An Etheric Process Dependent Upon The Mental Imagery Of The Healer. You Can Feel The Sense Of Rapport When It Is Established, It Manifesting In A Sense Of Nearness. That Is About As Plain As I Can Describe It. It May Be Acquired By A Little Practice, And Some Will Get It At The First Trial.

When Rapport Is Established, Say Mentally To The Distant Patient, "I Am Sending You A Supply Of Vital Force Or Power, Which Will Invigorate You And Heal You." Then Picture The Sekhem As Leaving Your Mind With Each Exhalation Of Rhythmic Breath, And Traveling Across Space Instantaneously And Reaching The Patient And Healing Him. It Is Not Necessary To Fix Certain Hours For Treatment, Although You May Do So If You Wish. The Respective Condition Of The Patient, As He Is Expecting And Opening

Himself Up To Your **Etheric** Force, Attunes Him To Receive Your Vibrations Whenever You May Send Them. If You Agree Upon Hours, Let Him Place Himself In A Relaxed Attitude And Receptive Condition. The Above Is The Great Underlying Principle Of The "Absent Treatment" Of The Western World. You May Do These Things As Well As The Most Noted Healers, With A Little Practice.

CHAPTER 15

"More Phenomena Of Smai Etheric Breathing"

(1) Thought Projection

Thoughts May Be Projected By Following The Last Mentioned Method (Distant Healing) And Others Will Feel The Effect Of Thoughts Sent Forth, It Being Remembered Always That No **Evil** Thought Can Never Injure Another Person Whose Thoughts Are Good. One Can, However, Excite The Interest And Attention Of Another By Sending His/Her Thought Waves In This Way, Charging The Sekhem With The Message He/She Wishes To Convey. If You Desire Another's Love And Sympathy, And You Posses Love And Sympathy For **Him**, You Can Send Him Thoughts Of This Kind With Effect, Providing Your Motives Are Pure.

However, Never, Attempt To Influence Another To His Hurt, Or From Impure Or Selfish Motives, As Such Thoughts Only Recoil Upon The Sender With Redoubled Force, And Injure Him, While The Innocent Party Is Not Affected.

Etheric Force When Positively Used Is All Right, But Beware Of "White Magic" Meaning (Invoking Spirits, Evil Spirits, And Demons In The Flesh) Which Society Has Tried To Make

You Think Is Beneficial And Used To Ward Off **Evil**, But In Fact It's Quite The Opposite. This Goes Back To **The Same** Old Stereotypes Of Black Being Bad And White Being Good.

Black Magic Is Negative And White Magic Is Good. Evil Men Dress In Black And Angels Are Always Depicted In White. This Goes All The Way Back To Moses Of The Bible. Moses, Who Was Really Thutmose Was Thought Of As White And Therefore, Him Turning His Staff Into A Snake Was Considered Good, But When The Egiptians Practiced Alchemy (The Science Of Transforming Base Metals Into Gold) They Were Considered Bad Alchemist (Alchemy) And It Is From The Hebrew Word **Kham** Or Ham The Son Of Noah, Ham Which Means "*Black Or Burnt*".

So You Can See Where They Get The Term "Black Magic" From.





Moses of the bible

And As For The **Gold**, According To Their Bible, It States In Genesis 2:11 And I Quote: "And The Gold Of *That* Land Is Good". This Is What Their God (**Eloheem**- אלהים) Said. So There Must Be Good And Bad Gold If God Himself Recognized It. **Alchemy**, Algebra, And Geometry All Originated In Egypt And Do Not Confuse This With Voodoo.

Voodoo Originated Within The Yoruba Tribes As Well As The Nigerians. These People Called On Different Family And Nature Gods In The Time Of Need. There Was The God Of Fire, The God Of Earth And So Forth. The Tribes Would Wear Different Colored Beads To Represent Each God. One Of The Gods They Called On Was **Shango**. The First Slaves To Come From Africa Used These Powers Or Voodoo Against Their Slave Masters. Since Some Slaves Worked In The Homes Of Their Masters They Put Potions In Their Food And Drink Making The Slave Masters Like The Walking

Dead, Which Later Became Known As **Zombies**. God Is The Master Magician Because According To Genesis 1:3 (In Part) And I Quote: "God Said Let There Be Light And There Was Light."

Then God Is The Master Magician Because God Said Let There Be Light And There Was. Jesus Followed The Same Practices. When Jesus Turned The Water Into Wine (*John 4:6*) (Or When He Walked On Water And All Throughout The Bible Where Jesus Used Magic. Moses Used Magic And So Did **Muhammad** The Muslim Prophet.

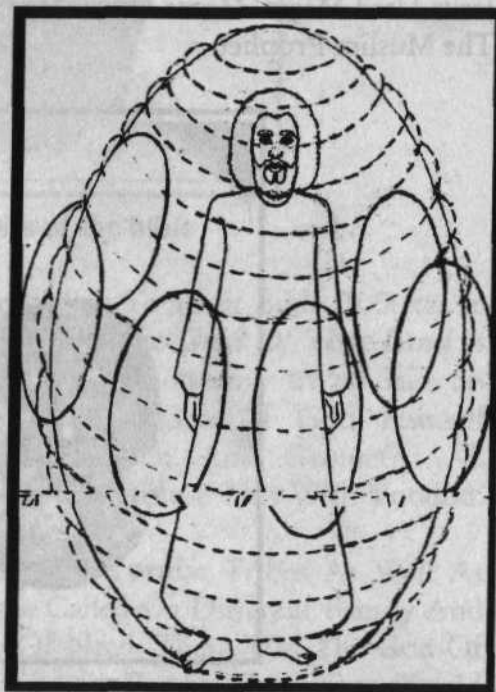


Figure
The Muslim Arabian Prophet Muhammad

People Today Can And Have Achieved The Same Magic As Jesus, Moses, And Muhammad Such As The Famous **David Copperfield** And Many Other Famous Magicians, Worldwide. So, When You Are Sending Thought Waves Out To A **Person**

Make Sure That Your State Of Mind Is Positive As To Not Harm Yourself Or Anyone. Such Attempts Are Like Playing With A Dynamo, And The Person Attempting Such Things Will Be Surely Punished By The Result Of The Act. However, No Person Of Impure Motives Ever Acquires A Great Degree Of Etheric Power, And A Pure Heart And Mind Is An Invulnerable Shield Against Improper Etheric Power. Keep Yourself Pure And Nothing Can Hurt You.

(2) Forming A Tepi Hesp "Aura"



Creating An Egg Shaped Aura

If You Are Ever In The Company Of Persons Of A Low State Of Mind, You Should Leave This Type Of Environment As Soon As Possible And Surround Yourself With Spiritual Uplifting People, But If Leaving Is Impossible And You Feel The Depressing Influence Of Their Thought, Breathe Rhythmically A Few Times, Thus Generating An Additional Supply Of

Sekhem "Life Force", And Then By Means Of The Mental Image Method Surround Yourself With A Green Egg-Shape Tepi Hesp, "Aura" Which Will Protect You From The Gross Thought And Disturbing Influences Of Others.

(3) Recharging Your Self

If You Feel That Your Vital Energy Is At A Low Ebb, And That You Need To Store Up A New Supply Quickly, The Best Plan Is To Place The Feet Close Together (Side By Side, Of Course) And Lock The Fingers Of Both Hands In Any Way That Seems The Most Comfortable. This Closes The Circuit, As It Were, And Prevents Any Escape Of Sekhem Through The Extremities. Then Breathe Rhythmically A Few Times, And You Will Feel The Effect Of The Recharging. Physical Exhaustion Can Be Eased By Holding A Rock In The Palm Of Your Hand For Several Seconds.

(4) Recharging Others

If A Friend Is Deficient In Vitality You May Aid Them By Sitting In Front Of Them, Your Toes Touching Theirs, And Their Hands In Yours. Then Both Breathe Rhythmically, Focus On Forming The Mental Image Of Sending **Sekhem** Into Their System, And Them Holding The Mental Image Of Receiving The Sekhem. Persons Of Weak Vitality Or Passive Will, Should Be Careful With Whom They Try This Experiment, As The Sekhem Of A Person Of Evil Desires Will Be Colored With The Thoughts Of That Person, And May Give Them A Temporary Influence Over The Weaker Person. The Latter, However, May Easily Remove Such Influence By Closing The Circuit (As Before Mentioned) And Breathing A Few Rhythmic Breaths, Losing With The Cleansing Breath.

(5) Charging Water

Water May Be Charged With Sekhem, By Breathing Rhythmically, And **Holding** The Glass Of Water By The

Bottom, In The Left Hand, And Then Gathering The Fingers Of The Right Hand Together And Shaking Them Gently Over The Water, As If You Were Shaking Drops Of Water Off Of Your Finger Tips Into The Glass. The Mental Image Of The **Sekhem** Being Passed Into The Water Must Also Be Held. Water Thus Charged Is Found Stimulating To Weak Or Sick Persons, Particularly If A Healing Thought Accompanies The Mental Image Of The Transfer Of The Sekhem. The Caution Given In The Last Exercise Applies Also To This One, Although The Danger Exists Only In A Greatly Lessened Degree.

(6) Acquiring Mental Qualities

Not Only Can The Body Be Controlled By The Mind Under Direction Of The Will, But The Mind Itself Can Be Trained And Cultivated By The Exercise Of The Controlling Will. This, Which The Western World Knows As "Mental Science," Etc., Has Proved To The **West** Portions Of That Truth Which The Smai Has Known For Ages. The Mere Calm Demand Of The Will Accomplish Wonders In This Direction, But If The Mental Exercise Is Accompanied By Rhythmic Breathing, The Effect Is Greatly Increased.

Desirable Qualities May Be Acquired By Holding The Proper Mental Image Of What Is Desired During Rhythmic Breathing. Poise And Self Control, Desirable Qualities; Increased Power, Etc., May Be Acquired In This Way. Undesirable Qualities May Be Eliminated By Cultivating The Opposite Qualities. Any Or All The "Mental Science" Exercises, "Treatments" And "Affirmations" May Be Used With The Smai Rhythmic Breath. The Following Is A Good General Exercise For The Acquirement And Development Of Desirable Mental Qualities:

Lie In A Passive Attitude, Or Sit Erect. Picture To **Your Self** The Qualities You Desire To Cultivate, Seeing Yourself **As** Possessed Of The Qualities, And Demanding That Your Mind Develop The Quality. Breathe Rhythmically, Holding The Mental Picture Firmly. Carry The Mental Picture With You As Much As Possible, And Endeavor To Live Up To The Ideal You Have Set Up In Your Mind. You Will Find Yourself Gradually Growing Up To Your Ideal. The Rhythm Of The Breathing Assists The Mind In Forming New Combinations, And The Student Who Has Followed The Western System Will Find The Smai Rhythmic A Wonderful Ally In His "Mental Science" Works.

(7) Acquiring Physical Qualities

Physical Qualities May Be Acquired By The Same Methods As Above Mentioned In Connection With Mental Qualities. I Do Not Mean, Of Course, That Short Men Can Be Made Tall, Or That Amputated Limbs May Be Replaced, Or Similar Miracles. But The Expression Of The Countenance May Be Changed; Courage And General Physical Characteristics Improved By The Control Of The Will, Accompanied By Rhythmic Breathing. As A Man Thinks So Does He Look, Act, Walk, Sit, Etc. Improved Thinking Will Mean Improved Looks And Actions, To Develop Any Part Of The Body, Direct The Attention To It.

While Breathing Rhythmically, Holding The Mental Picture That You Are Sending An Increased Amount Of Sekhem, Or Nerve Force, To The Part, And Thus Increasing Its Vitality And Developing It. This Plan Applies Equally Well To Any Part Of The Body Which You Wish To Develop. Many Western Athletes Use A Modification Of This Plan In Their

Exercises. The Student Who Has Followed Our Instructions So Far Will Readily Understand How To Apply The **Smai** Principles In The Above Work. The General Rule Of Exercise Is The Same As In The Preceding Exercise (Acquiring Mental Qualities). I Have Touched Upon The Subject Of The Care Of Physical Ailments In Preceding Pages.

(8) Controlling The Emotions

The Undesirable Emotions, Such As Fear, Worry, Anxiety, Hate, Anger, Jealousy, Envy, Melancholy, **Excitement**, Grief, Etc., Are Amenable To The Control Of The Will, And The Will Is Enabled To Operate More **Easily** In Such Cases If Rhythmic Breathing Is Practiced While The Student Is "Willing." The Following Exercise Has Been Found Most Effective By The Smai Students, Although The Advanced Smai Has But Little Need Of It, As He Has Long Since Gotten Rid Of These Undesirable Mental Qualities By Growing Spiritually Beyond Them. The Smai Student, However, Finds The Exercise A Great Help To Him While He Is Growing.

Breathe Rhythmically, Concentrating The Attention Upon The Solar Plexus, And Sending To It The Mental Command "Get Out." Send The Mental Command Firmly, Just As You Begin To Exhale, And Form The Mental Picture Of The Undesirable Emotions Being Carried Away With The Exhaled Breath. Repeat Seven Times, And Finish With The Cleaning Breath, And Then See How Good You Feel. The Mental Command Must Be Given "In Earnest," As Trifling Will Not Do The Work. (Refer To **The Mind Book**)

(9) Transmutation Of The Reproductive Energy

The Waab " Egyptian High Priest" Possess Great Knowledge Regarding The Use And Abuse Of The Reproductive Principle In Both Sexes. Some Hints Of This Esoteric Knowledge Have Filtered Out And Have Been Used By Western Writers On The Subject, And Much Good Has Been Accomplished In This Way. In This Little Scroll I Cannot Do More Than Touch Upon The Subject, And Omitting All Except A Bare Mention Of Fact, I Will Give A Practical Breathing Exercise Whereby The Student Will Be Enabled To Transmute The Reproductive Energy Into Vitality For The Entire System, Instead Of Dissipating And Wasting It In Lustful Indulgences In Or Out Of The Marriage Relations.

The Reproductive Energy Is Creative Energy, And May Be Taken Up By The System And Transmuted Into Strength And Vitality, Thus Serving The Purpose Of Regeneration Instead Of Degeneration. If The Young Men Of The Western World Overstood These Underlying Principles They Would Be Saved Much Misery And **Unhappiness** In After Years, And Would Be Stronger Mentally, Morally And Physically.

This Transmutation Of The Reproductive Energy Gives Great Vitality To Those Practicing It. They Will Be Filled With Great Vital Force, Which Will Radiate From Them And Will Manifest In What Has Been Called "Personal Magnetism." The Energy Thus Transmuted May Be Turned Into New Channels And Used To Great Advantage. Nature Has Condensed One Of Its Most Powerful Manifestations Of **Sekham** Into Reproductive Energy, As Its Purpose Is To Create. The Greatest Amount Of Vital Force Is Concentrated In The Smallest Area. The Reproductive Organism Is The Most Powerful Storage Battery In Animal Life, And Its Force

Can Be Drawn Upward And Used, As Well As Expended In The Ordinary Functions Of Reproduction, Or Wasted In Riotous Lust. The Majority Of My Devotee Know Something Of The Facts Of Regeneration, And I Can Do Little More Than To State The Above Facts, Without Attempting To Prove Them.

The Smai Exercise For Transmuting Reproductive Energy Is Simple. It Is Coupled With Rhythmic Breathing, And Can Be Easily Performed. It May Be Practiced At Any Time, But Is Specially Recommended When One Feels The Instinct Most Strongly, At Which Time The Reproductive Energy Is Manifesting And May Be Most Easily Transmuted For Regenerative Purposes. The Exercise Is As Follows:

Keep The Mind Fixed On The Idea Of Energy, And Away From Ordinary Sexual Thoughts Or Imaginings. If These Thoughts Come Into The Mind Do Not Be Discouraged, But Regard Them As Manifestations Of A Force Which You Intend Using For The Purposes Of Strengthening The Body And Mind. Lie Passively Or Sit Erect, And Fix Your Mind On The Idea Of Thawing The Reproductive Energy Upward To The Solar Plexus, Where It Will Be Transmuted And Stored Away As A Reserve Force Of Vital Energy. Then Breathe Rhythmically, Forming The Mental Image Of Drawing Up The Re-productive Energy With Each Inhalation. With Each Inhalation Make A Command Of The Will That The Energy Be Drawn Upward From The Reproductive Organization To The Solar Plexus. If The Rhythm Is Fairly Established And The Mental Image Is Clear, You Will Be Conscious Of The Upward Passage Of The Energy, And Will Feel Its Stimulating Effect.

If You Desire An Increase In Mental Force, You May Draw It Up To The Brain Instead Of To The Solar Plexus, By Giving The Mental Command And Holding The Mental Image Of The Transmission To The Brain. The Man Or Woman Doing Mental Creative Work, Or Bodily Creative Work, Will Be Able To Use This Creative Energy In Their Work By Following The Above Exercise, Drawing Up The Energy With The Inhalation And Sending It Forth With The Exhalation. In This Last Form Of Exercise, Only Such Portions As Are Needed In The Work Will Pass Into The Work Being Done, The Balance Remaining Stored Up In The Solar Plexus.

You Will Overstand, Of Course, That It Is Not The Reproductive Fluids Which Are Drawn Up And Used, But The Etheric Prance Energy Which Animates The Latter, The Ba "Soul" Of The Reproductive Organism, As It Were. It Is Usual To Allow The Head To Bend Forward Easily And Naturally During The Transmuting Exercise.

The Smai Science Have Found The Following Exercise Most Useful In Stimulating The Action Of The Brain For The Purpose Of Producing Clear Thinking And Reasoning. It Has A Wonderful Effect In Clearing The Brain And Nervous System, And Those Engaged In Mental Work Will Find It Most Useful To Them, Both In The Direction Of Enabling Them To Do Better Work And Also As A Means Of Refreshing The Mind And Clearing It After Arduous Mental Labor.

Sit In An Erect Posture, Keeping The Spinal Column Straight, And The Eyes Well To The Front, Letting The Hands Rest On The Upper Pan Of The Legs. Breathe Rhythmically, But Instead Of Breathing Through Both Nostrils As In The Ordinary Exercises, Press The Left Nostril Close With The

Thumb, And Inhale Through The Right Nostril. Then Remove The Thumb, And Close The Right Nostril With The Finger, And Then Exhale Through The Left Nostril.

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Then, Without Changing The Fingers, Inhale Through The Left Nostril, And Changing Fingers, Exhale Through The Right. Then Inhale Through Right And Exhale Through Left, And So On, Alternating Nostrils As Above Mentioned, Closing The Unused Nostril With The Thumb Or Forefinger. This Is One Of The Oldest Forms Of **Smai** Breathing, And Is Quite Important And Valuable, And Is Well Worth Of Acquirement. But It Is Quite Amusing To The Smai To Know That To The Western World This Method Is Often Held Out As Being The "Whole Secret" Of Smai Breathing. To The Minds Of Many Western Readers, Smai Breathing" Suggests Nothing More Than A Picture Of A, Sitting Erect, And Alternating Nostrils In The Act Of Breathing. "Only This And Nothing More." I Trust That This Little Work Will Open The Eyes Of The Western World To The Great Possibilities Of Smai Breathing, And The Numerous Methods Whereby It May Be Employed.

(9) The Grand Smai Etheric Breath

The Smai Have A Form Of Etheric Breathing Which They Practice Occasionally, To Which Has Been Given An Egyptian Term Of Which The Above Is A General Equivalent. I Have Given It Last, As It Requires Practice On The Part Of The Student In The Line Of Rhythmic Breathing And Mental Imagery, Which He Has Now Acquired By Means Of The Preceding Exercises. The General Principles Of The Grand Breath May Be Summed Up In The Old Smai Saying: "Blessed Is The Smai Who Can Breathe Through His Bones." This Exercise Will Fill The Entire System With **Sekhem**, And The

Student Will Emerge From It With Every Bone, **Muscle**, Nerve, Cell, Tissue, Organ And Part Energized And Attuned By The Sekhem And The Rhythm Of The Breath. It Is A General Housecleaning Of The System, And He Who Practices It Carefully Will Feel As If He Had Been Given A New Body, Freshly Created, From The Crown Of His Head To The Tips Of His Toes. I Will Let The Exercise Speak For Itself.

- (1). Lie In A Relaxed Position, At Perfect Ease.
- (2). Breathe Rhythmically Until The Rhythm Is Perfectly Established,
- (3). Then, Inhaling **And** Exhaling, From The Mental Image Of The Breath Being Drawn Upon Through The Bones Of The Legs, And Then Forced Out Through Them; Then Through The Bones Of The Arms; Then Through The Top Of The Skull; Then Through The Stomach Then Through The Reproductive Region; Then As If It Were Traveling Upward And Upward Along The Spinal Column; And Then As If The Breath Were Being Inhaled And Exhaled Through Every Pore Of The **Skin**, The Whole Body Being Filled With Sekhem And Life.
- (4). Then (Breathing Rhythmically) Send The Current Of Sekhem To The Nine Vital Centers, In Turn, As Follows, Using The Mental Picture As In Previous Exercises:
 - (A) To The Forehead.
 - (B) To The Back Of The Head.
 - (C) To The Base Of The Brain.
 - (D) To The Solar Plexus.
 - (E) To The Sacral Region (**Lower** Part Of The Spine).
 - (F) To The Region Of The Navel.
 - (G) To The Reproductive Region.

(H) To The **Sub-Mental**

(I) **To The Nape**

Finish By Sweeping The Current Of **Sekhem**, To And From Head To Feet Nine Times.

(5) Finish With Cleansing Breath.

CHAPTER 16

Smai Spiritual Breathing

The Smai Not Only Brings About Desired Mental Qualities And Properties By **Will-Power** Coupled With Rhythmic Breathing, But They Also Develop Spiritual Faculties, Or Rather Aid In Their Unfoldment, In The Same Way. The Eastern Knowledge Teaches That Man Has Many Faculties Which Are At Present In A Dormant State, But Which Will Become Unfolded As The Race Progresses. They Also Teach That Man, By The Proper Effort Of The Will, Aided By Favorable Conditions, May Aid In The Unfoldment Of These Spiritual Faculties, And **Develop** Them Much Sooner Than In The Ordinary Process Of Evolution. In Other Words, One May Even Now Develop Spiritual Powers Of **Consciousness** Which Will Not Become The Common Property Of The Race Until After Long Ages Of Gradual Development Under The Law Of Evolution. In All Of The Exercises Directed Toward This End, Rhythmic Breathing Plays An Important Part. There Is Of Course No Mystic Property In The Breath Itself Which Produces Such Wonderful Results, But The Rhythm Produced By The Smai Breath Is Such As To Bring The Whole System, Including The Brain, Under Perfect Control, And In Perfect Harmony, And By This Means, The Most

Perfect Condition Is Obtained For The Unfoldment Of These Latent Faculties.

In This Work I Cannot Go Deeply Into The Secrets Of Egypt Regarding Spiritual Development, Because This Subject Would Require Volumes To Cover It, And Then Again The Subject Is Too Abstruse To Interest The Average Reader. There Are Also Other Reasons, Well Known To Occultists, Why This Knowledge Should Not Be Spread Or Broadcasted At This Time. Rest Assured, Dear Student, That When The Time Comes For You To Take The Next Step, The Way Will Be Opened Out Before You. "When The Student Is Ready, The **Hery-Heb** "Teacher" Appears."

In This Chapter I Will Give You Directions For The Development Of Two Phases Of Spiritual Consciousness, (1) The Consciousness Of The Identity Of The Ba "Soul" And (2) The Consciousness Of The Connection Of The Ba "Soul" With The Universal Life. Both Of The Exercises Given Below Are Simple, And Consist Of Mental Images Firmly Held, Accompanied With Rhythmic Breathing. The Student Must Not Expect Too Much At The Start, But Must Take Your Time And Be Content To Develop As Does The Flower, From Seed To Blossom. And Remember The Farmer Who Was So Eager To Assist His Crops That He Went Out At Night And Tugged On The New Shoots? There Is No Way To Push The River, Equally You Cannot Hasten The Harvest.

Ba "Soul" Consciousness

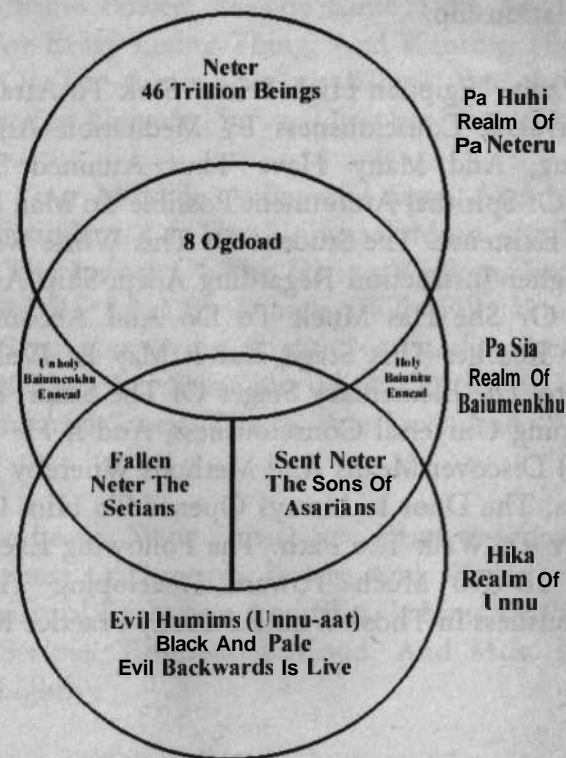
The Real Self Is Not The Body Or Even The Mind Of Man. These Things Are But A Part Of His Personality, The Lesser Self. The Real Self Is Not The Ego, Whose Manifestation Is In Individuality. The Real Self Is Independent Of The Body,

Which It **Inhabits**, And Is Even Independent Of The Mechanism Of The Mind, Which It Uses As An Instrument. The Real Self Is A Drop From The Divine Ocean, And Is Eternal And Indestructible. It Cannot Die Or Be Annihilated, And No Matter What Becomes Of The Body, The Real Self Still Exists. It Is The **Ba** "Soul" . Do Not Think Of Your Ba "Soul" As A Thing Apart From You, For You Are The Ba "Soul" And The Body Is The Unreal And Transitory Part Of j You Which Is Changing In Material Every Day, And Which] You Will Some Day Discard. You May Develop The Faculties] So That They Will Be Conscious Of The Reality Of The Ba "Soul" , And Its Independence Of The Body. The Smai Plan For Such Development Is By Meditation Upon The Real Self Or Ba "Soul" , Accompanied By Rhythmic Breathing. The Following Exercise Is The Simplest Form.

Exercise: Place Your Body In A Relaxed; Reclining Position. Breathe Rhythmically, And Meditate Upon Your Real Self, And Thinking Of Yourself As An Entity Although Inhabiting It And Being Able To Leave It At Will Think Of Yourself, Not As The Body, And Of Your Body Useful And Comfortable, But Not A Part Of The Real You. While Meditating, Ignore The Body Entirely And You Will Find That You Will Often Become Almost Entirely Unconscious Of It, And Will You Seem To Be Out Of The Body To Which You May Return When You Are Through With The Exercise. Let Your Mind Take You To A Place You **Don't** Know.

This Is The Essence Of The Smai Meditative Breathing Methods, And If Persisted In Will Gives One A Wonderful Sense Of The Reality Of The Ba "Soul" , And Will Make Him Seem Almost Independent Of The Body. The Sense Of Immortality Will Often Come With This Increased Consciousness, And The Person Will Begin To Show Signs Of

Spiritual Development But He Must Not Allow Himself To Live Too Much In The Upper Regions, Or To Despise His Body, For He/She Is Here On This Plane For A Purpose, And He Must Not Neglect His Opportunity To Gain The Experiences Necessary To Round Him Out, Nor Must He Fail To Respect His Body, Which Is The Temple Of The **Ka** "Spirit" "



The Universal Consciousness The Ka "Spirit" In Homo Sapiens, Which Is The Highest Manifestation Of Their Ba (☪) "Soul", Is A Drop In The Ocean Of Ka "Spirit", Apparently Separate And Distinct, But Yet Real In Touch

With The Ocean Itself, And With Every Other Drop In It. As Homo Sapiens Awaken In Spiritual Consciousness They Become More And More Aware Of Their Relation To The Universal Ka "Spirit" , Or Universal Mind As Some Term It. They Feel At Times As If They Were Almost At-One-Ment With It, And Then Again They Lose The Sense Of Contact And Relationship.

The Waab "Egiptian High Priest" Seek To Attain This State j Of Universal Consciousness By Meditation And Rhythmic Breathing, And Many Have Thus Attained The Highest Degree Of Spiritual Attainment Possible To Man In This Stage Of His Existence. The Student Of This Work Will Not Need The Higher Instruction Regarding Adept-Ship At This Time, As He Or She Has Much To Do And Accomplish Before He/She Reaches That Stage, But It May Be Well To Initiate Him Into The Elementary Stages Of The Smai Exercises For Developing Universal Consciousness, And If He Is In Earnest He Will Discover Means And Methods Whereby He/She May j Progress. The Door Is Always Opened To Him Or Her Who Is Ready To Walk The Path. The Following Exercise Will Be j Found To Do Much Toward Developing The Universal Consciousness In Those Who Faithfully Practice It.

Exercise:

Place Your Body In A Reclining, Relaxed Position. Breathe Rhythmically, And Meditate Upon Your Relationship With The Universal Mind Of Which You Are But An Atom. Think Of Yourself As Being In Touch With Pa Kuluwm (𐎢𐎠𐎫𐎷𐎪𐎠) "The All", And At-One-Ment With All. See All As One, And Your Ba "Soul" As A Part Of That One. Feel That You Are Receiving The Vibrations From The Great Universal Mind, And Are Partaking Of Its Power, Strength

And Wisdom. The Two Following Lines Of Meditation May Be Followed.

(A) With Each Inhalation, Think Of Yourself As Drawing Into Yourself The Strength And Power Of The Universal Mind. When Exhaling Think Of Yourself As Passing Out To Others That Same Power, At The Same Time Being Filled With Love For Every Living **Thing**, And Wanting That It Be A Partaker Of The Same Blessings Which You Are Now Receiving. Let The Universal Power Circulate Through You.

(B) Place Your Mind In A Peaceful State, And Meditate Upon The Grandeur Of The Universal Mind, And Open Yourself To The Inflow Of The Divine Wisdom, From The Neteraat (𐎠𐎡𐎢𐎣𐎤𐎥𐎦𐎧𐎨𐎩𐎪𐎫𐎬𐎭𐎮𐎯𐎰𐎱𐎲𐎳𐎴𐎵𐎶𐎷𐎸𐎹𐎺𐎻𐎼𐎽𐎾𐎿𐏀𐏁𐏂𐏃𐏄𐏅𐏆𐏇𐏈𐏉𐏊𐏋𐏌𐏍𐏎𐏏𐏐𐏑𐏒𐏓𐏔𐏕𐏖𐏗𐏘𐏙𐏚𐏛𐏜𐏝𐏞𐏟𐏠𐏡𐏢𐏣𐏤𐏥𐏦𐏧𐏨𐏩𐏪𐏫𐏬𐏭𐏮𐏯𐏰𐏱𐏲𐏳𐏴𐏵𐏶𐏷𐏸𐏹𐏺𐏻𐏼𐏽𐏾𐏿𐐀𐐁𐐂𐐃𐐄𐐅𐐆𐐇𐐈𐐉𐐊𐐋𐐌𐐍𐐎𐐏𐐐𐐑𐐒𐐓𐐔𐐕𐐖𐐗𐐘𐐙𐐚𐐛𐐜𐐝𐐞𐐟𐐠𐐡𐐢𐐣𐐤𐐥𐐦𐐧𐐨𐐩𐐪𐐫𐐬𐐭𐐮𐐯𐐰𐐱𐐲𐐳𐐴𐐵𐐶𐐷𐐸𐐹𐐺𐐻𐐼𐐽𐐾𐐿𐑀𐑁𐑂𐑃𐑄𐑅𐑆𐑇𐑈𐑉𐑊𐑋𐑌𐑍𐑎𐑏𐑐𐑑𐑒𐑓𐑔𐑕𐑖𐑗𐑘𐑙𐑚𐑛𐑜𐑝𐑞𐑟𐑠𐑡𐑢𐑣𐑤𐑥𐑦𐑧𐑨𐑩𐑪𐑫𐑬𐑭𐑮𐑯𐑰𐑱𐑲𐑳𐑴𐑵𐑶𐑷𐑸𐑹𐑺𐑻𐑼𐑽𐑾𐑿𐒀𐒁𐒂𐒃𐒄𐒅𐒆𐒇𐒈𐒉𐒊𐒋𐒌𐒍𐒎𐒏𐒐𐒑𐒒𐒓𐒔𐒕𐒖𐒗𐒘𐒙𐒚𐒛𐒜𐒝𐒞𐒟𐒠𐒡𐒢𐒣𐒤𐒥𐒦𐒧𐒨𐒩𐒪𐒫𐒬𐒭𐒮𐒯𐒰𐒱𐒲𐒳𐒴𐒵𐒶𐒷𐒸𐒹𐒺𐒻𐒼𐒽𐒾𐒿𐓀𐓁𐓂𐓃𐓄𐓅𐓆𐓇𐓈𐓉𐓊𐓋𐓌𐓍𐓎𐓏𐓐𐓑𐓒𐓓𐓔𐓕𐓖𐓗𐓘𐓙𐓚𐓛𐓜𐓝𐓞𐓟𐓠𐓡𐓢𐓣𐓤𐓥𐓦𐓧𐓨𐓩𐓪𐓫𐓬𐓭𐓮𐓯𐓰𐓱𐓲𐓳𐓴𐓵𐓶𐓷𐓸𐓹𐓺𐓻𐓼𐓽𐓾𐓿𐔀𐔁𐔂𐔃𐔄𐔅𐔆𐔇𐔈𐔉𐔊𐔋𐔌𐔍𐔎𐔏𐔐𐔑𐔒𐔓𐔔𐔕𐔖𐔗𐔘𐔙𐔚𐔛𐔜𐔝𐔞𐔟𐔠𐔡𐔢𐔣𐔤𐔥𐔦𐔧𐔨𐔩𐔪𐔫𐔬𐔭𐔮𐔯𐔰𐔱𐔲𐔳𐔴𐔵𐔶𐔷𐔸𐔹𐔺𐔻𐔼𐔽𐔾𐔿𐕀𐕁𐕂𐕃𐕄𐕅𐕆𐕇𐕈𐕉𐕊𐕋𐕌𐕍𐕎𐕏𐕐𐕑𐕒𐕓𐕔𐕕𐕖𐕗𐕘𐕙𐕚𐕛𐕜𐕝𐕞𐕟𐕠𐕡𐕢𐕣𐕤𐕥𐕦𐕧𐕨𐕩𐕪𐕫𐕬𐕭𐕮𐕯𐕰𐕱𐕲𐕳𐕴𐕵𐕶𐕷𐕸𐕹𐕺𐕻𐕼𐕽𐕾𐕿𐖀𐖁𐖂𐖃𐖄𐖅𐖆𐖇𐖈𐖉𐖊𐖋𐖌𐖍𐖎𐖏𐖐𐖑𐖒𐖓𐖔𐖕𐖖𐖗𐖘𐖙𐖚𐖛𐖜𐖝𐖞𐖟𐖠𐖡𐖢𐖣𐖤𐖥𐖦𐖧𐖨𐖩𐖪𐖫𐖬𐖭𐖮𐖯𐖰𐖱𐖲𐖳𐖴𐖵𐖶𐖷𐖸𐖹𐖺𐖻𐖼𐖽𐖾𐖿𐗀𐗁𐗂𐗃𐗄𐗅𐗆𐗇𐗈𐗉𐗊𐗋𐗌𐗍𐗎𐗏𐗐𐗑𐗒𐗓𐗔𐗕𐗖𐗗𐗘𐗙𐗚𐗛𐗜𐗝𐗞𐗟𐗠𐗡𐗢𐗣𐗤𐗥𐗦𐗧𐗨𐗩𐗪𐗫𐗬𐗭𐗮𐗯𐗰𐗱𐗲𐗳𐗴𐗵𐗶𐗷𐗸𐗹𐗺𐗻𐗼𐗽𐗾𐗿𐘀𐘁𐘂𐘃𐘄𐘅𐘆𐘇𐘈𐘉𐘊𐘋𐘌𐘍𐘎𐘏𐘐𐘑𐘒𐘓𐘔𐘕𐘖𐘗𐘘𐘙𐘚𐘛𐘜𐘝𐘞𐘟𐘠𐘡𐘢𐘣𐘤𐘥𐘦𐘧𐘨𐘩𐘪𐘫𐘬𐘭𐘮𐘯𐘰𐘱𐘲𐘳𐘴𐘵𐘶𐘷𐘸𐘹𐘺𐘻𐘼𐘽𐘾𐘿𐙀𐙁𐙂𐙃𐙄𐙅𐙆𐙇𐙈𐙉𐙊𐙋𐙌𐙍𐙎𐙏𐙐𐙑𐙒𐙓𐙔𐙕𐙖𐙗𐙘𐙙𐙚𐙛𐙜𐙝𐙞𐙟𐙠𐙡𐙢𐙣𐙤𐙥𐙦𐙧𐙨𐙩𐙪𐙫𐙬𐙭𐙮𐙯𐙰𐙱𐙲𐙳𐙴𐙵𐙶𐙷𐙸𐙹𐙺𐙻𐙼𐙽𐙾𐙿𐚀𐚁𐚂𐚃𐚄𐚅𐚆𐚇𐚈𐚉𐚊𐚋𐚌𐚍𐚎𐚏𐚐𐚑𐚒𐚓𐚔𐚕𐚖𐚗𐚘𐚙𐚚𐚛𐚜𐚝𐚞𐚟𐚠𐚡𐚢𐚣𐚤𐚥𐚦𐚧𐚨𐚩𐚪𐚫𐚬𐚭𐚮𐚯𐚰𐚱𐚲𐚳𐚴𐚵𐚶𐚷𐚸𐚹𐚺𐚻𐚼𐚽𐚾𐚿𐛀𐛁𐛂𐛃𐛄𐛅𐛆𐛇𐛈𐛉𐛊𐛋𐛌𐛍𐛎𐛏𐛐𐛑𐛒𐛓𐛔𐛕𐛖𐛗𐛘𐛙𐛚𐛛𐛜𐛝𐛞𐛟𐛠𐛡𐛢𐛣𐛤𐛥𐛦𐛧𐛨𐛩𐛪𐛫𐛬𐛭𐛮𐛯𐛰𐛱𐛲𐛳𐛴𐛵𐛶𐛷𐛸𐛹𐛺𐛻𐛼𐛽𐛾𐛿𐜀𐜁𐜂𐜃𐜄𐜅𐜆𐜇𐜈𐜉𐜊𐜋𐜌𐜍𐜎𐜏𐜐𐜑𐜒𐜓𐜔𐜕𐜖𐜗𐜘𐜙𐜚𐜛𐜜𐜝𐜞𐜟𐜠𐜡𐜢𐜣𐜤𐜥𐜦𐜧𐜨𐜩𐜪𐜫𐜬𐜭𐜮𐜯𐜰𐜱𐜲𐜳𐜴𐜵𐜶𐜷𐜸𐜹𐜺𐜻𐜼𐜽𐜾𐜿𐝀𐝁𐝂𐝃𐝄𐝅𐝆𐝇𐝈𐝉𐝊𐝋𐝌𐝍𐝎𐝏𐝐𐝑𐝒𐝓𐝔𐝕𐝖𐝗𐝘𐝙𐝚𐝛𐝜𐝝𐝞𐝟𐝠𐝡𐝢𐝣𐝤𐝥𐝦𐝧𐝨𐝩𐝪𐝫𐝬𐝭𐝮𐝯𐝰𐝱𐝲𐝳𐝴𐝵𐝶𐝷𐝸𐝹𐝺𐝻𐝼𐝽𐝾𐝿𐞀𐞁𐞂𐞃𐞄𐞅𐞆𐞇𐞈𐞉𐞊𐞋𐞌𐞍𐞎𐞏𐞐𐞑𐞒𐞓𐞔𐞕𐞖𐞗𐞘𐞙𐞚𐞛𐞜𐞝𐞞𐞟𐞠𐞡𐞢𐞣𐞤𐞥𐞦𐞧𐞨𐞩𐞪𐞫𐞬𐞭𐞮𐞯𐞰𐞱𐞲𐞳𐞴𐞵𐞶𐞷𐞸𐞹𐞺𐞻𐞼𐞽𐞾𐞿𐟀𐟁𐟂𐟃𐟄𐟅𐟆𐟇𐟈𐟉𐟊𐟋𐟌𐟍𐟎𐟏𐟐𐟑𐟒𐟓𐟔𐟕𐟖𐟗𐟘𐟙𐟚𐟛𐟜𐟝𐟞𐟟𐟠𐟡𐟢𐟣𐟤𐟥𐟦𐟧𐟨𐟩𐟪𐟫𐟬𐟭𐟮𐟯𐟰𐟱𐟲𐟳𐟴𐟵𐟶𐟷𐟸𐟹𐟺𐟻𐟼𐟽𐟾𐟿𐠀𐠁𐠂𐠃𐠄𐠅𐠆𐠇𐠈𐠉𐠊𐠋𐠌𐠍𐠎𐠏𐠐𐠑𐠒𐠓𐠔𐠕𐠖𐠗𐠘𐠙𐠚𐠛𐠜𐠝𐠞𐠟𐠠𐠡𐠢𐠣𐠤𐠥𐠦𐠧𐠨𐠩𐠪𐠫𐠬𐠭𐠮𐠯𐠰𐠱𐠲𐠳𐠴𐠵𐠶𐠷𐠸𐠹𐠺𐠻𐠼𐠽𐠾𐠿𐡀𐡁𐡂𐡃𐡄𐡅𐡆𐡇𐡈𐡉𐡊𐡋𐡌𐡍𐡎𐡏𐡐𐡑𐡒𐡓𐡔𐡕𐡖𐡗𐡘𐡙𐡚𐡛𐡜𐡝𐡞𐡟𐡠𐡡𐡢𐡣𐡤𐡥𐡦𐡧𐡨𐡩𐡪𐡫𐡬𐡭𐡮𐡯𐡰𐡱𐡲𐡳𐡴𐡵𐡶𐡷𐡸𐡹𐡺𐡻𐡼𐡽𐡾𐡿𐢀𐢁𐢂𐢃𐢄𐢅𐢆𐢇𐢈𐢉𐢊𐢋𐢌𐢍𐢎𐢏𐢐𐢑𐢒𐢓𐢔𐢕𐢖𐢗𐢘𐢙𐢚𐢛𐢜𐢝𐢞𐢟𐢠𐢡𐢢𐢣𐢤𐢥𐢦𐢧𐢨𐢩𐢪𐢫𐢬𐢭𐢮𐢯𐢰𐢱𐢲𐢳𐢴𐢵𐢶𐢷𐢸𐢹𐢺𐢻𐢼𐢽𐢾𐢿𐣀𐣁𐣂𐣃𐣄𐣅𐣆𐣇𐣈𐣉𐣊𐣋𐣌𐣍𐣎𐣏𐣐𐣑𐣒𐣓𐣔𐣕𐣖𐣗𐣘𐣙𐣚𐣛𐣜𐣝𐣞𐣟𐣠𐣡𐣢𐣣𐣤𐣥𐣦𐣧𐣨𐣩𐣪𐣫𐣬𐣭𐣮𐣯𐣰𐣱𐣲𐣳𐣴𐣵𐣶𐣷𐣸𐣹𐣺𐣻𐣼𐣽𐣾𐣿𐤀𐤁𐤂𐤃𐤄𐤅𐤆𐤇𐤈𐤉𐤊𐤋𐤌𐤍𐤎𐤏𐤐𐤑𐤒𐤓𐤔𐤕𐤖𐤗𐤘𐤙𐤚𐤛𐤜𐤝𐤞𐤟𐤠𐤡𐤢𐤣𐤤𐤥𐤦𐤧𐤨𐤩𐤪𐤫𐤬𐤭𐤮𐤯𐤰𐤱𐤲𐤳𐤴𐤵𐤶𐤷𐤸𐤹𐤺𐤻𐤼𐤽𐤾𐤿𐥀𐥁𐥂𐥃𐥄𐥅𐥆𐥇𐥈𐥉𐥊𐥋𐥌𐥍𐥎𐥏𐥐𐥑𐥒𐥓𐥔𐥕𐥖𐥗𐥘𐥙𐥚𐥛𐥜𐥝𐥞𐥟𐥠𐥡𐥢𐥣𐥤𐥥𐥦𐥧𐥨𐥩𐥪𐥫𐥬𐥭𐥮𐥯𐥰𐥱𐥲𐥳𐥴𐥵𐥶𐥷𐥸𐥹𐥺𐥻𐥼𐥽𐥾𐥿𐦀𐦁𐦂𐦃𐦄𐦅𐦆𐦇𐦈𐦉𐦊𐦋𐦌𐦍𐦎𐦏𐦐𐦑𐦒𐦓𐦔𐦕𐦖𐦗𐦘𐦙𐦚𐦛𐦜𐦝𐦞𐦟𐦠𐦡𐦢𐦣𐦤𐦥𐦦𐦧𐦨𐦩𐦪𐦫𐦬𐦭𐦮𐦯𐦰𐦱𐦲𐦳𐦴𐦵𐦶𐦷𐦸𐦹𐦺𐦻𐦼𐦽𐦾𐦿𐧀𐧁𐧂𐧃𐧄𐧅𐧆𐧇𐧈𐧉𐧊𐧋𐧌𐧍𐧎𐧏𐧐𐧑𐧒𐧓𐧔𐧕𐧖𐧗𐧘𐧙𐧚𐧛𐧜𐧝𐧞𐧟𐧠𐧡𐧢𐧣𐧤𐧥𐧦𐧧𐧨𐧩𐧪𐧫𐧬𐧭𐧮𐧯𐧰𐧱𐧲𐧳𐧴𐧵𐧶𐧷𐧸𐧹𐧺𐧻𐧼𐧽𐧾𐧿𐨀𐨁𐨂𐨃𐨄𐨅𐨆𐨇𐨈𐨉𐨊𐨋𐨌𐨍𐨎𐨏𐨐𐨑𐨒𐨓𐨔𐨕𐨖𐨗𐨘𐨙𐨚𐨛𐨜𐨝𐨞𐨟𐨠𐨡𐨢𐨣𐨤𐨥𐨦𐨧𐨨𐨩𐨪𐨫𐨬𐨭𐨮𐨯𐨰𐨱𐨲𐨳𐨴𐨵𐨶𐨷𐨹𐨺𐨸𐨻𐨼𐨽𐨾𐨿𐩀𐩁𐩂𐩃𐩄𐩅𐩆𐩇𐩈𐩉𐩊𐩋𐩌𐩍𐩎𐩏𐩐𐩑𐩒𐩓𐩔𐩕𐩖𐩗𐩘𐩙𐩚𐩛𐩜𐩝𐩞𐩟𐩠𐩡𐩢𐩣𐩤𐩥𐩦𐩧𐩨𐩩𐩪𐩫𐩬𐩭𐩮𐩯𐩰𐩱𐩲𐩳𐩴𐩵𐩶𐩷𐩸𐩹𐩺𐩻𐩼𐩽𐩾𐩿𐪀𐪁𐪂𐪃𐪄𐪅𐪆𐪇𐪈𐪉𐪊𐪋𐪌𐪍𐪎𐪏𐪐𐪑𐪒𐪓𐪔𐪕𐪖𐪗𐪘𐪙𐪚𐪛𐪜𐪝𐪞𐪟𐪠𐪡𐪢𐪣𐪤𐪥𐪦𐪧𐪨𐪩𐪪𐪫𐪬𐪭𐪮𐪯𐪰𐪱𐪲𐪳𐪴𐪵𐪶𐪷𐪸𐪹𐪺𐪻𐪼𐪽𐪾𐪿𐫀𐫁𐫂𐫃𐫄𐫅𐫆𐫇𐫈𐫉𐫊𐫋𐫌𐫍𐫎𐫏𐫐𐫑𐫒𐫓𐫔𐫕𐫖𐫗𐫘𐫙𐫚𐫛𐫜𐫝𐫞𐫟𐫠𐫡𐫢𐫣𐫤𐫦𐫥𐫧𐫨𐫩𐫪𐫫𐫬𐫭𐫮𐫯𐫰𐫱𐫲𐫳𐫴𐫵𐫶𐫷𐫸𐫹𐫺𐫻𐫼𐫽𐫾𐫿𐬀𐬁𐬂𐬃𐬄𐬅𐬆𐬇𐬈𐬉𐬊𐬋𐬌𐬍𐬎𐬏𐬐𐬑𐬒𐬓𐬔𐬕𐬖𐬗𐬘𐬙𐬚𐬛𐬜𐬝𐬞𐬟𐬠𐬡𐬢𐬣𐬤𐬥𐬦𐬧𐬨𐬩𐬪𐬫𐬬𐬭𐬮𐬯𐬰𐬱𐬲𐬳𐬴𐬵𐬶𐬷𐬸𐬹𐬺𐬻𐬼𐬽𐬾𐬿𐭀𐭁𐭂𐭃𐭄𐭅𐭆𐭇𐭈𐭉𐭊𐭋𐭌𐭍𐭎𐭏𐭐𐭑𐭒𐭓𐭔𐭕𐭖𐭗𐭘𐭙𐭚𐭛𐭜𐭝𐭞𐭟𐭠𐭡𐭢𐭣𐭤𐭥𐭦𐭧𐭨𐭩𐭪𐭫𐭬𐭭𐭮𐭯𐭰𐭱𐭲𐭳𐭴𐭵𐭶𐭷𐭸𐭹𐭺𐭻𐭼𐭽𐭾𐭿𐮀𐮁𐮂𐮃𐮄𐮅𐮆𐮇𐮈𐮉𐮊𐮋𐮌𐮍𐮎𐮏𐮐𐮑𐮒𐮓𐮔𐮕𐮖𐮗𐮘𐮙𐮚𐮛𐮜𐮝𐮞𐮟𐮠𐮡𐮢𐮣𐮤𐮥𐮦𐮧𐮨𐮩𐮪𐮫𐮬𐮭𐮮𐮯𐮰𐮱𐮲𐮳𐮴𐮵𐮶𐮷𐮸𐮹𐮺𐮻𐮼𐮽𐮾𐮿𐯀𐯁𐯂𐯃𐯄𐯅𐯆𐯇𐯈𐯉𐯊𐯋𐯌𐯍𐯎𐯏𐯐𐯑𐯒𐯓𐯔𐯕𐯖𐯗𐯘𐯙𐯚𐯛𐯜𐯝𐯞𐯟𐯠𐯡𐯢𐯣𐯤𐯥𐯦𐯧𐯨𐯩𐯪𐯫𐯬𐯭𐯮𐯯𐯰𐯱𐯲𐯳𐯴𐯵𐯶𐯷𐯸𐯹𐯺𐯻𐯼𐯽𐯾𐯿𐰀𐰁𐰂𐰃𐰄𐰅𐰆𐰇𐰈𐰉𐰊𐰋𐰌𐰍𐰎𐰏𐰐𐰑𐰒𐰓𐰔𐰕𐰖𐰗𐰘𐰙𐰚𐰛𐰜𐰝𐰞𐰟𐰠𐰡𐰢𐰣𐰤𐰥𐰦𐰧𐰨𐰩𐰪𐰫𐰬𐰭𐰮𐰯𐰰𐰱𐰲𐰳𐰴𐰵𐰶𐰷𐰸𐰹𐰺𐰻𐰼𐰽𐰾𐰿𐱀𐱁𐱂𐱃𐱄𐱅𐱆𐱇𐱈𐱉𐱊𐱋𐱌𐱍𐱎𐱏𐱐𐱑𐱒𐱓𐱔𐱕𐱖𐱗𐱘𐱙𐱚𐱛𐱜𐱝𐱞𐱟𐱠𐱡𐱢𐱣𐱤𐱥𐱦𐱧𐱨𐱩𐱪𐱫𐱬𐱭𐱮𐱯𐱰𐱱𐱲𐱳𐱴𐱵𐱶𐱷𐱸𐱹𐱺𐱻𐱼𐱽𐱾𐱿𐲀𐲁𐲂𐲃𐲄𐲅𐲆𐲇𐲈𐲉𐲊𐲋𐲌𐲍𐲎𐲏𐲐𐲑𐲒𐲓𐲔𐲕𐲖𐲗𐲘𐲙𐲚𐲛𐲜𐲝𐲞𐲟𐲠𐲡𐲢𐲣𐲤𐲥𐲦𐲧𐲨𐲩𐲪𐲫𐲬𐲭𐲮𐲯𐲰𐲱𐲲𐲳𐲴𐲵𐲶𐲷𐲸𐲹𐲺𐲻𐲼𐲽𐲾𐲿𐳀𐳁𐳂𐳃𐳄𐳅𐳆𐳇𐳈𐳉𐳊𐳋𐳌𐳍𐳎𐳏𐳐𐳑𐳒𐳓𐳔𐳕𐳖𐳗𐳘𐳙𐳚𐳛𐳜𐳝𐳞𐳟𐳠𐳡𐳢𐳣𐳤𐳥𐳦𐳧𐳨𐳩𐳪𐳫𐳬𐳭𐳮𐳯𐳰𐳱𐳲𐳳𐳴𐳵𐳶𐳷𐳸𐳹𐳺𐳻𐳼𐳽𐳾𐳿𐴀𐴁𐴂𐴃𐴄𐴅𐴆𐴇𐴈𐴉𐴊𐴋𐴌𐴍𐴎𐴏𐴐𐴑𐴒𐴓𐴔𐴕𐴖𐴗𐴘𐴙𐴚𐴛𐴜𐴝𐴞𐴟𐴠𐴡𐴢𐴣𐴤𐴥𐴦𐴧𐴨𐴩𐴪𐴫𐴬𐴭𐴮𐴯𐴰𐴱𐴲𐴳𐴴𐴵𐴶𐴷𐴸𐴹𐴺𐴻𐴼𐴽𐴾𐴿𐵀𐵁𐵂𐵃𐵄𐵅𐵆𐵇𐵈𐵉𐵊𐵋𐵌𐵍𐵎𐵏𐵐𐵑𐵒𐵓𐵔𐵕𐵖𐵗𐵘𐵙𐵚𐵛𐵜𐵝𐵞𐵟𐵠𐵡𐵢𐵣𐵤𐵥𐵦𐵧𐵨𐵩𐵪𐵫𐵬𐵭𐵮𐵯𐵰𐵱𐵲𐵳𐵴𐵵𐵶𐵷𐵸𐵹𐵺𐵻𐵼𐵽𐵾𐵿𐶀𐶁𐶂𐶃𐶄𐶅𐶆𐶇𐶈𐶉𐶊𐶋𐶌𐶍𐶎𐶏𐶐𐶑𐶒𐶓𐶔𐶕𐶖𐶗𐶘𐶙𐶚𐶛𐶜𐶝𐶞𐶟𐶠𐶡𐶢𐶣𐶤𐶥𐶦𐶧𐶨𐶩𐶪𐶫𐶬𐶭𐶮𐶯𐶰𐶱𐶲𐶳𐶴𐶵𐶶𐶷𐶸𐶹𐶺𐶻𐶼𐶽𐶾𐶿𐷀𐷁𐷂𐷃𐷄𐷅𐷆𐷇𐷈𐷉𐷊𐷋𐷌𐷍𐷎𐷏𐷐𐷑𐷒𐷓𐷔𐷕𐷖𐷗𐷘𐷙𐷚𐷛𐷜𐷝𐷞𐷟𐷠𐷡𐷢𐷣𐷤𐷥𐷦𐷧𐷨𐷩𐷪𐷫𐷬𐷭𐷮𐷯𐷰𐷱𐷲𐷳𐷴𐷵𐷶𐷷𐷸𐷹𐷺𐷻𐷼𐷽𐷾𐷿𐸀𐸁𐸂𐸃𐸄𐸅𐸆𐸇𐸈𐸉𐸊𐸋𐸌𐸍𐸎𐸏𐸐𐸑𐸒𐸓𐸔𐸕𐸖𐸗𐸘𐸙𐸚𐸛𐸜𐸝𐸞𐸟𐸠𐸡𐸢𐸣𐸤𐸥𐸦𐸧𐸨𐸩𐸪𐸫𐸬𐸭𐸮𐸯𐸰𐸱𐸲𐸳𐸴𐸵𐸶𐸷𐸸𐸹𐸺𐸻𐸼𐸽𐸾𐸿𐹀𐹁𐹂𐹃𐹄𐹅𐹆𐹇𐹈𐹉𐹊𐹋𐹌𐹍𐹎𐹏𐹐𐹑𐹒𐹓𐹔𐹕𐹖𐹗𐹘𐹙𐹚𐹛𐹜𐹝𐹞𐹟𐹠𐹡𐹢𐹣𐹤𐹥𐹦𐹧𐹨𐹩𐹪𐹫𐹬𐹭𐹮𐹯𐹰𐹱𐹲𐹳𐹴𐹵𐹶𐹷𐹸𐹹𐹺𐹻𐹼𐹽𐹾𐹿𐺀𐺁𐺂𐺃𐺄𐺅𐺆𐺇𐺈𐺉𐺊𐺋𐺌𐺍𐺎𐺏𐺐𐺑𐺒𐺓𐺔𐺕𐺖𐺗𐺘𐺙𐺚𐺛𐺜𐺝𐺞𐺟𐺠𐺡𐺢𐺣𐺤𐺥𐺦𐺧𐺨𐺩𐺪𐺫𐺬𐺭𐺮𐺯𐺰𐺱𐺲𐺳𐺴𐺵𐺶𐺷𐺸𐺹𐺺𐺻𐺼𐺽𐺾𐺿𐻀𐻁𐻂𐻃𐻄𐻅𐻆𐻇𐻈𐻉𐻊𐻋𐻌𐻍𐻎𐻏𐻐𐻑𐻒𐻓𐻔𐻕𐻖𐻗𐻘𐻙𐻚𐻛𐻜

Course Never Benefits Those Who Pursue It. These Exercises Are For The Few Who Can Overstand Them, And The Others Will Feel No Attraction To Try Them. During Meditation Let The Mind Dwell Upon The Ideas Given In The Exercise, Until It Becomes Clear To The Mind And Gradually Manifests In Real Consciousness Within You. The Mind Will Gradually Become Passive At Rest, And The Vivid Mental Image Will Manifest Clearly. Do Not Indulge In These Exercises Too Often, And Do Not Allow The Blissful State Produced To Render You Dissatisfied With The Affairs Of Everyday Life, As The Latter Are Useful And Necessary For You, And Do Not Allow Yourself To Become So Engrossed In The Spirit World That You Walk Around In A Unreality.

Let The Joy Arising From The Unfolding Consciousness Of You And The Nerve You Have For The Trials Of Life, And Not Let It Make You Dissatisfied And Disgusted. All Is Good, And Everything Has Its Place. Many Of The Students Who Practice These Exercises In Time Will Wish To Know More. Rest Assured That When The Time Comes I Will See That You Do Not Seek In Vain. Go On In Courage And Confidence, Walk Through The Shadow Of Death And Fear Nothing. Keeping Your Face Toward The East, From Whence Comes Pa Re "The Sun".

Until Next Time.

Wadu'.

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